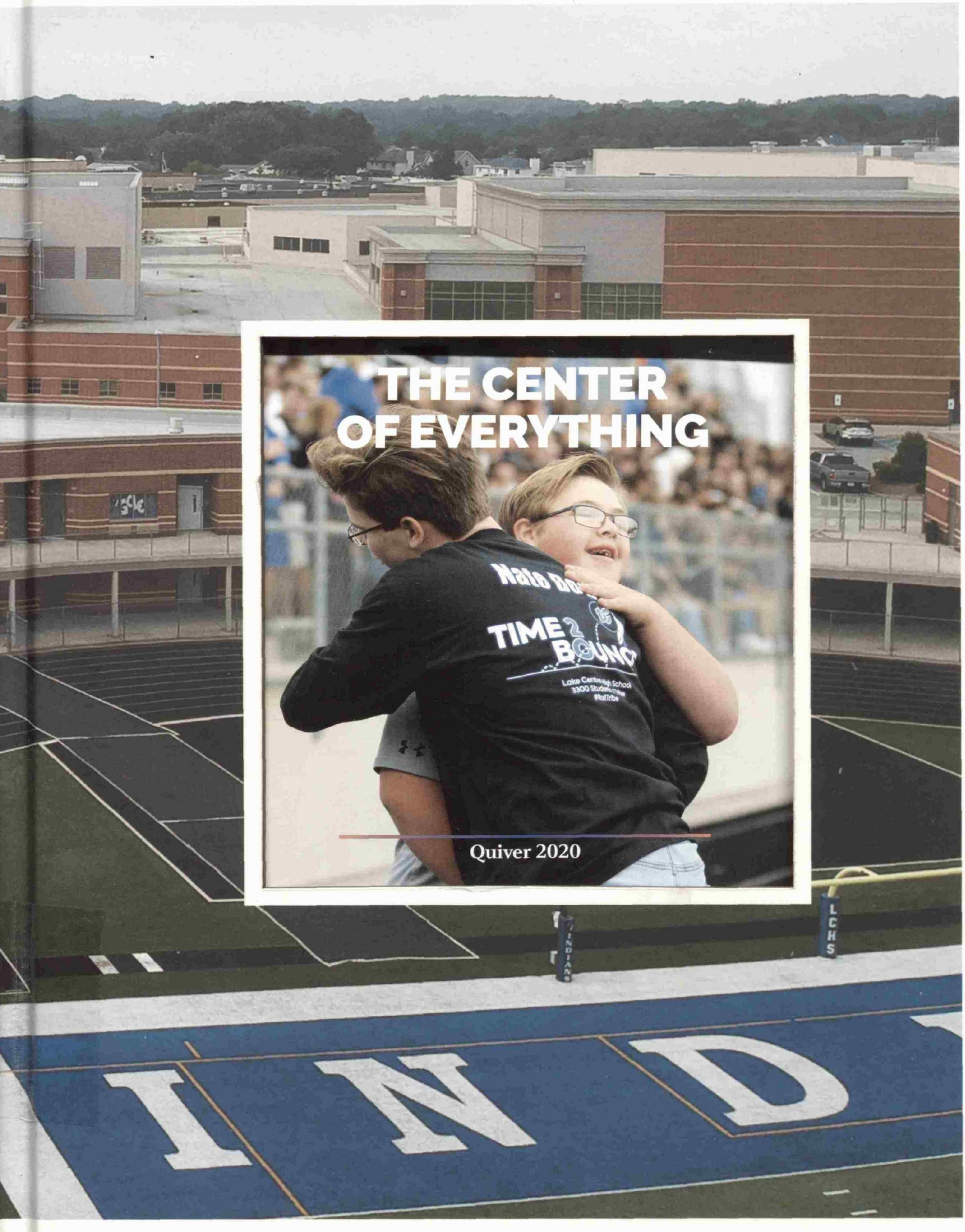

THE CENTER
OF EVERYTHING
TIME 2
Lake Centenial School
#KatTribe
Quiver 2020
INDIANS
LCHS
IND

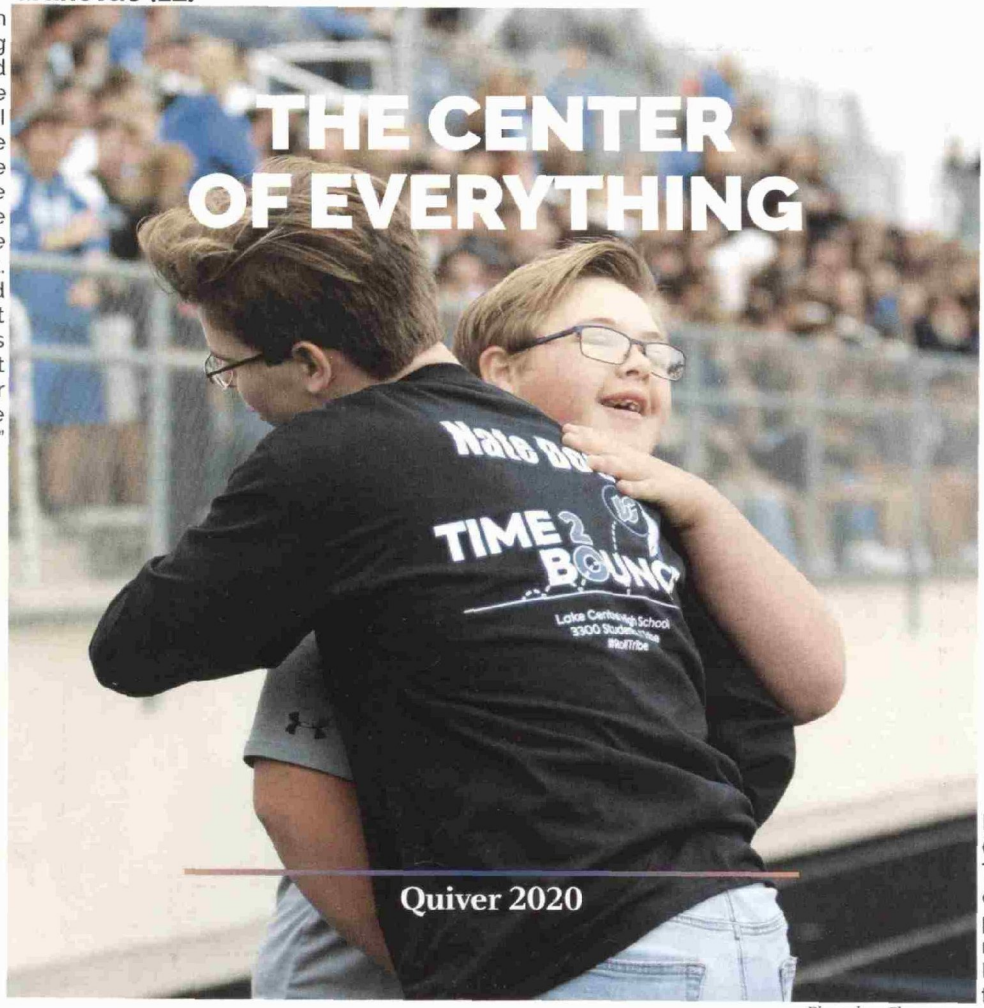
THE CENTER
10 academics
32 clubs
56 sports
116 events

people **144**
freshmen **144**
sophomores **166**
juniors **186**
seniors **206**
faculty **236**
index **248**

MY CENTER

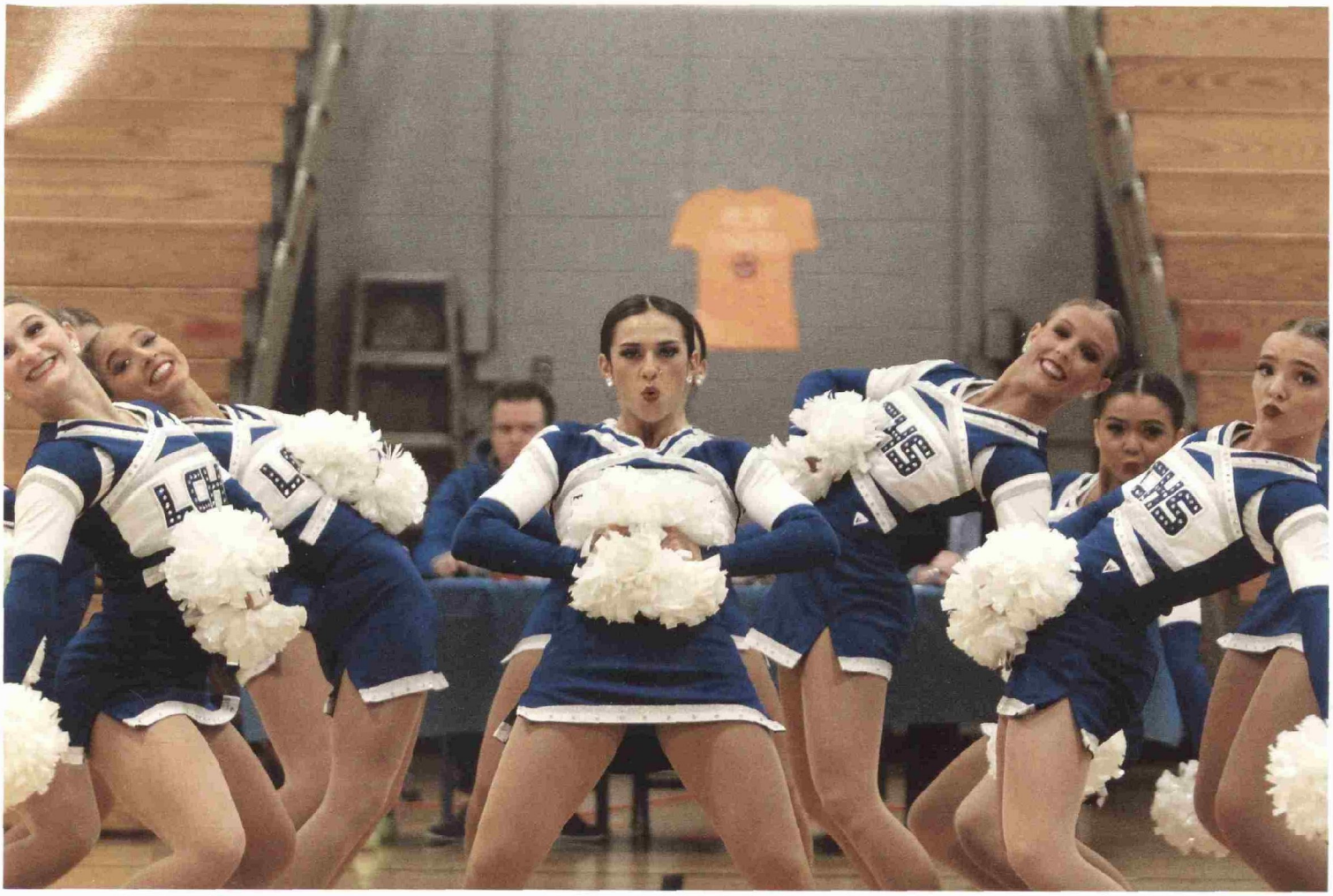
Nathaniel Grahovac (12)

"I was filled with excitement seeing how happy David was to win the race for his team that I had to congratulate him. Seeing the smile on his face as he crossed the finish line made everything worth it. I believe the crowd cheering for Best Buddies shows that we support everyone no matter the difference between ourselves."



Nathaniel Grahovac (12) and David Triezenburg (10) embrace after the pep rally tricycle race. The Best Buddies club won the exciting race.

Photo by: Charmagne Abangan



THE CENTER OF EVERYTHING

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3,152 Spring Enrollment
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LAKE COUNTY PUBLIC LIBRARY

Jessica Almaraz (12) performs a pom routine with the Varsity Centralettes at the Kahler Invitational. The Centralettes placed first at the competition. Photo by: Hailey Prasopoulos

3 3113 03668 9406

We have **lockers**, but hardly any of us have used them, let alone know where they are.

We try not to breathe too heavily after hiking **three floors** first thing in the morning.

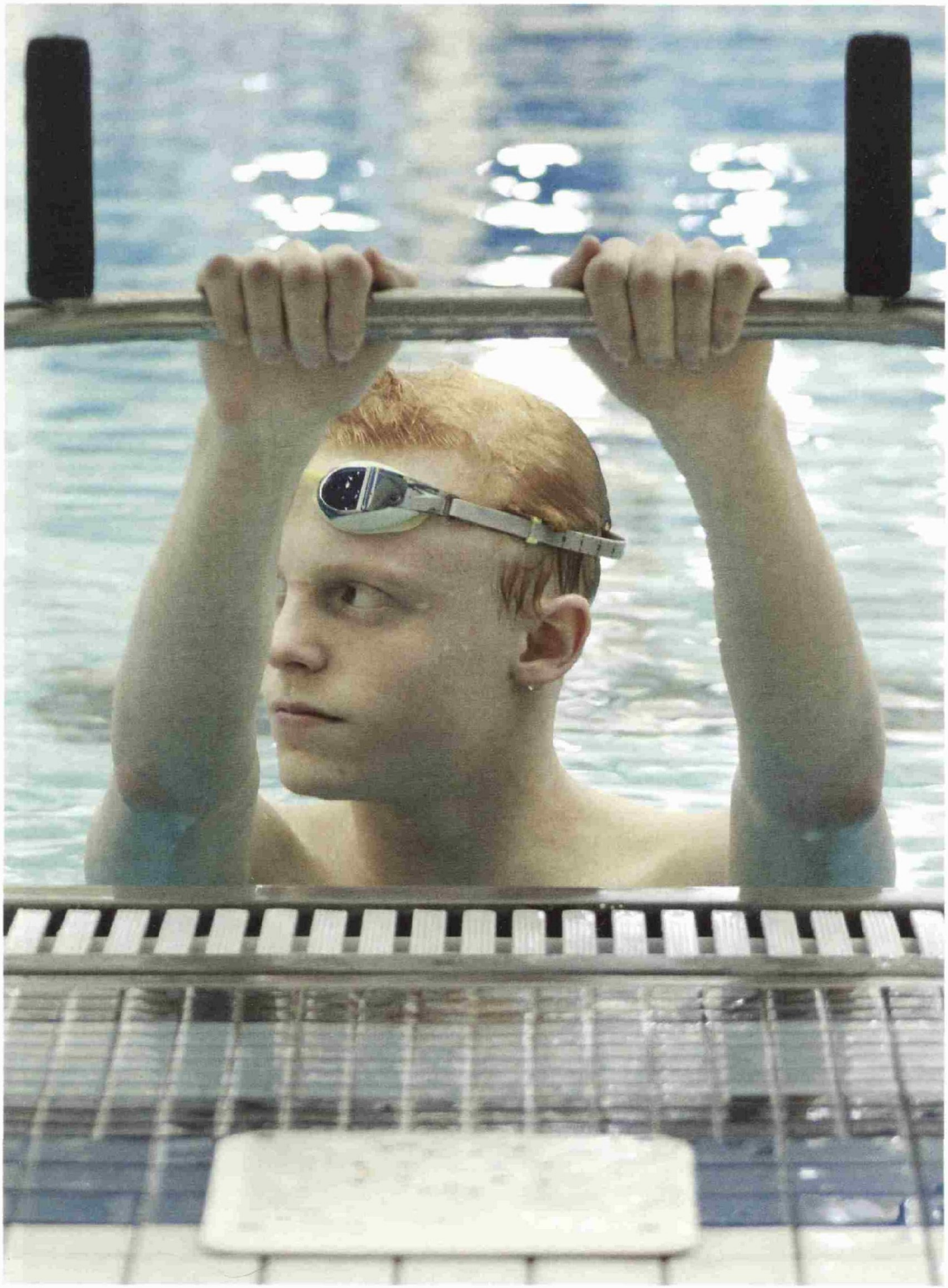
THE CENTER OF EVERYTHING

(Lake Central. Get it? It's in the name.)

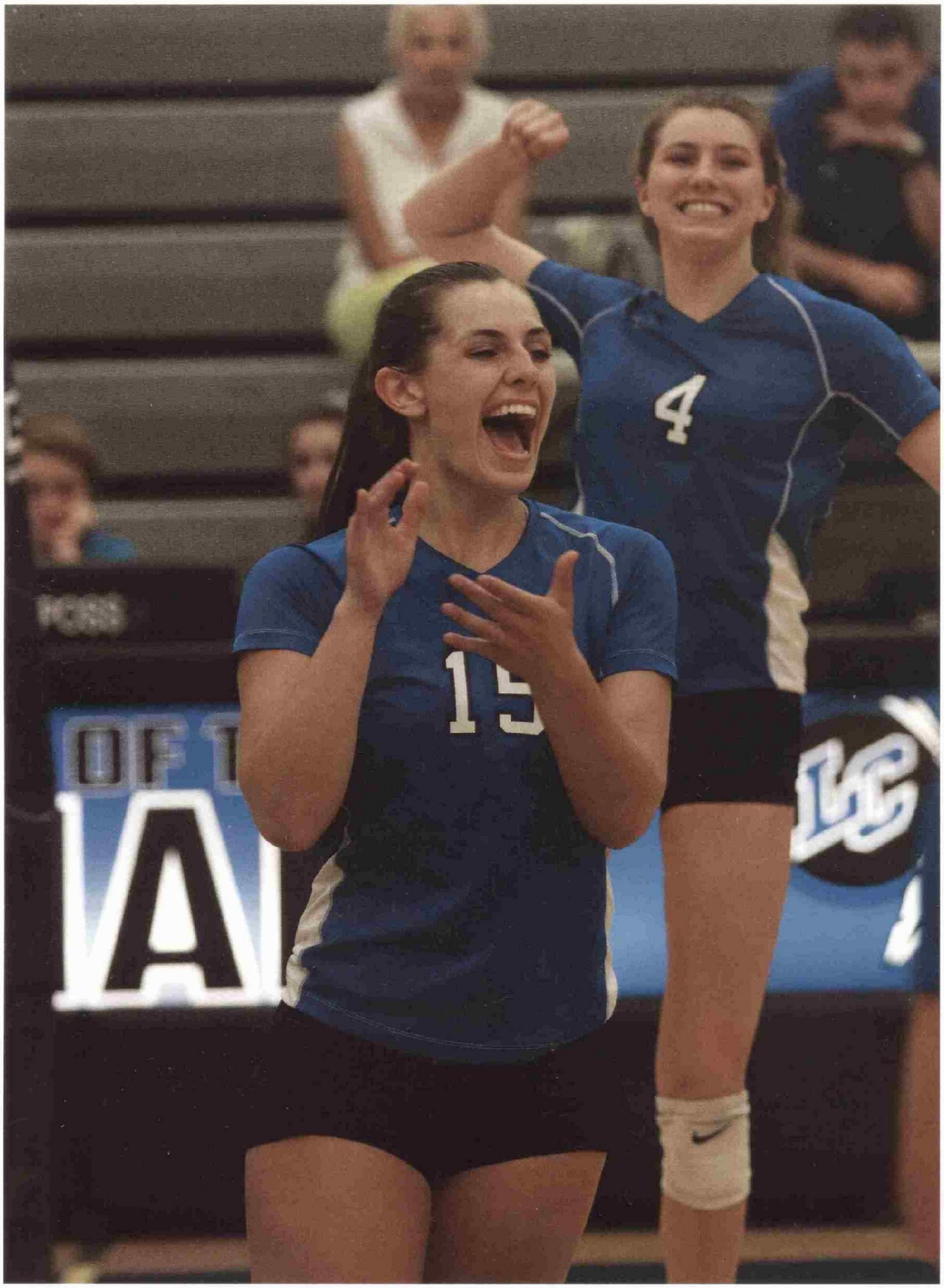
We have to learn how to walk fast down **Main Street** or get pushed out of the way.

We try to avoid those crazy drivers leaving **Blue lot** after school.

Did you know that the actual **center** of the building is a **cafeteria table**? Trust us, we checked.



Griffen Weber (9) waits for the other swimmers in his lane to finish the repetition. They waited for team captain Eric Tinsley (10) to signal the start of the next rep. "I'm always at the pool and I'm always swimming. I feel like it's given me a lot of different friends, like I have a lot of really good friends on the swim team that I wouldn't have had if I wasn't swimming," Tinsley said. Photo by: Maisie Westerfield



Margaret Mulligan (12) cheers after her team scores. Mulligan played as the middle hitter for the school's varsity team during her final year. "The friends I have made are awesome. I'm really going to miss these girls," Mulligan said. Photo by: Joshua Chen

There are a million classes to take, clubs to join and sports to play, but eventually we all find our center.

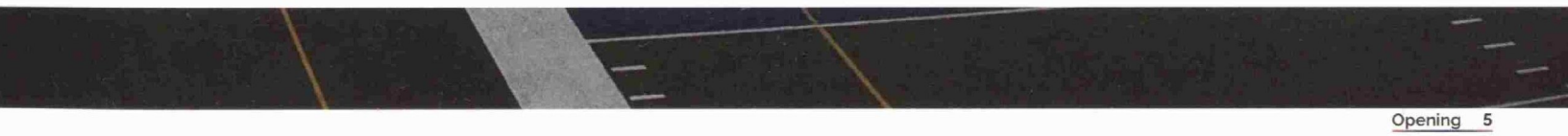
What do you think of when you walk by **DVP's room**? Sure, you think about dissections and AP tests, but you also think about the gossip sessions you had with him between lectures.

Which tables did you visit during the club fair? There were 28 clubs present, and **Main Street** was filled with sign-up lines and fliers.

Remember that crazy football game against Merrillville? When we finally won, the entire **stadium** went wild.

How about Homecoming? You had fun dancing with your friends, but you definitely remember how crowded it was when we crammed 1,500 kids into **Town Square.**

(But maybe you didn't take AP Biology because you were at the Career Center. Or you didn't go to a football game because you were rehearsing for the fall play. Sometimes, what we find important is different than the norm. It's off-center .)



LC might be at the center of our lives now, but it really is just a building. It's what you bring to it that makes it yours.

Matthew Santana (9) has already committed to the University of Tennessee.

Kortni Minter (10) has her own business. She makes lip glosses by hand.

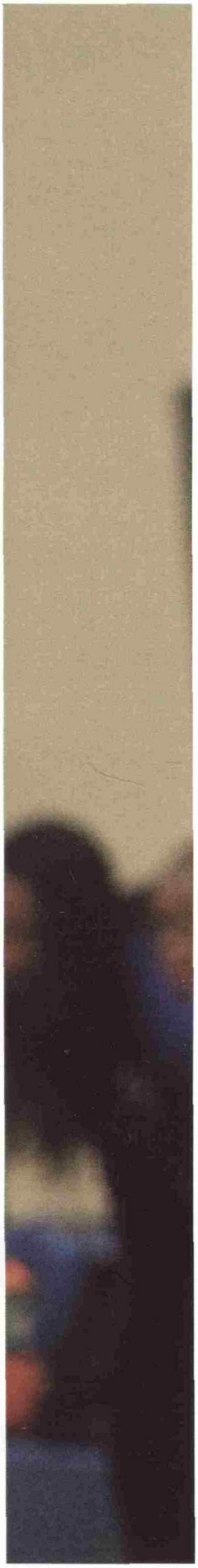
LaTreasure Johnson (11) broke the school's long jump record. It was one of her "off" days.

Hamza Abugofah (12), Joseph Lopez (12) and Connor Kaurich (12) started their own charity. They make donating food easy and accessible.

Mr. Alex Thompson, Science, is taking charge of a new class this year called Principles of Biomedical Science.

Everyone has their thing. What's your center?

Brooke-Logan Garcia (11) acts in *Yellow Boat* as the play's lead. This is the first year that Garcia played a major role in a production. "Being the lead] was stressful, but it was worth it. There's a lot that goes into theater, so you meet a lot of different people doing a lot of different things. You learn a lot about each other," Garcia said. Photo by: Frida Arellano



THE CENTER

"

I love the game of basketball because of the adrenaline rush. Before a game, you can be so nervous, but once the ball is tipped it all goes away. Basketball has helped me become the person I am by knowing the value of **teamwork**, **discipline** and always putting in **hard work** for something you want to achieve.

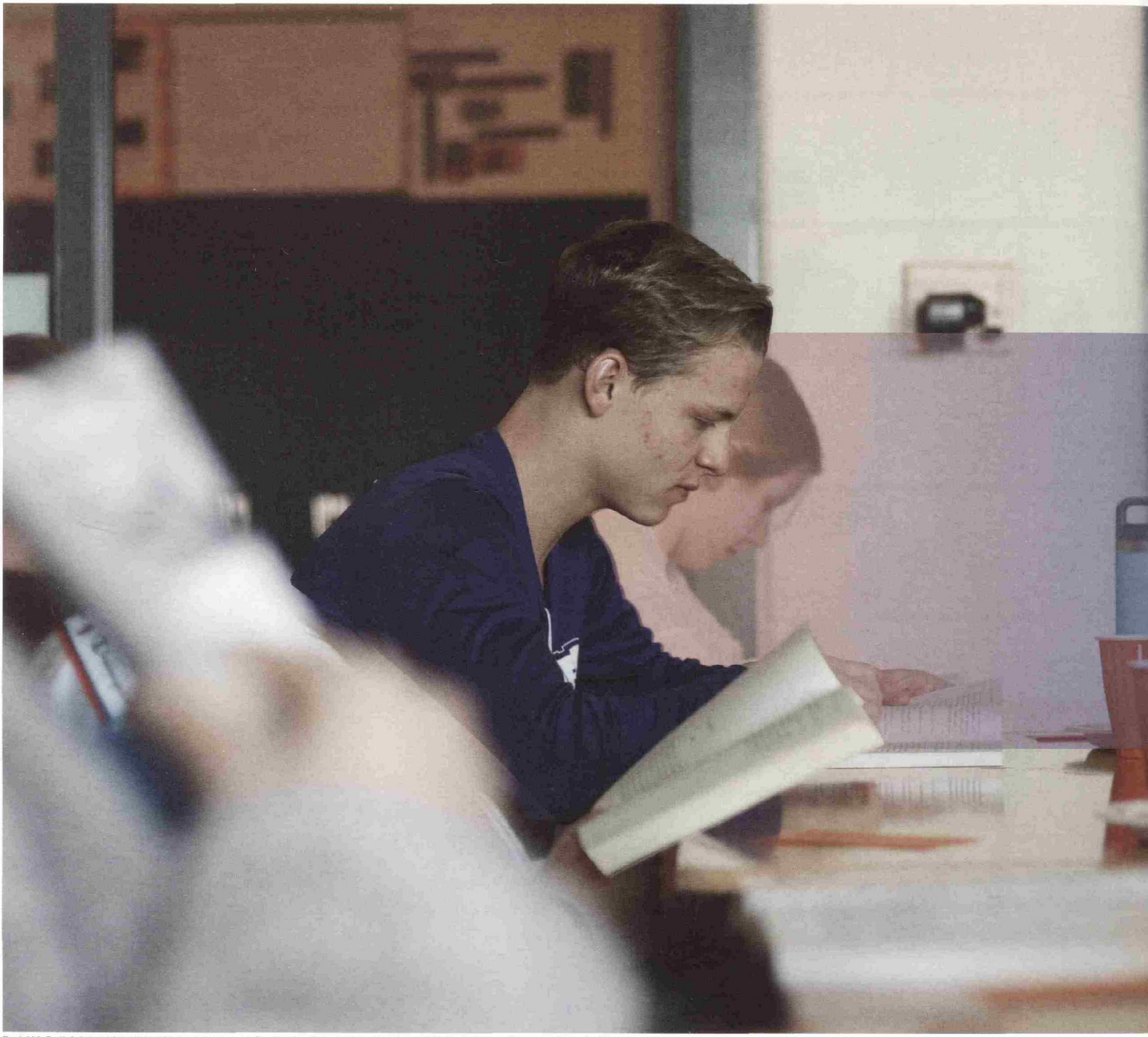
As a senior on the team, my role is to get everyone together and make sure that everyone is doing their part to win a game. Being a captain on the team means a lot to me, but it's also something that you shouldn't have to be. Everybody should be leaders. As a captain I think **everyone has a voice**.

Basketball has helped define my high school experience by making close bonds with my teammates. My teammates are my best friends, and it has brought me closer to them. I will miss them very much. Basketball throughout high school has definitely been challenging, but all the **fun moments** outweigh the negatives. I've met some of my best friends through Lake Central basketball and I will forever be grateful for that. The team was always a **second family** to me and our bond with each other was very strong.

Allison Mularski (12)

Allison Mularski (12) gives her team a pep talk before the start of a game. Mularski is a starter for the team and one of the captains this year. Photo by: Brian Scott

THE CENTER OF



Daniel McGrath (11) stares intentivly at his book. He was reading "As I Lay Dying" along with the rest of his English class. Photo by: Adriana Rodriguez

Living and Learning

"Teachers help make academics the center of the school. Good teachers help the students learn, they make it exciting, they make it fun and make the students want to come to class."

Mrs. Kari Regan, Dean of students

Student Center

"The students make academics the center of the school, without the students to learn, there's no academics. It's got to be the students, as to what makes academics the center."

Mr. Joseph Baranowski, Mathamatics

Working Together

"I feel like the school, the administration, the teachers, go out of their way to provide students with the best opportunities to be college ready."

Mr. Gerald Jones, Social Studies

ACADEMICS IS:

FOCUSING ON YOUR **FUTURE**, **DRIVING** YOURSELF TO DO BETTER, USING **TECHNOLOGY**, FINDING **OPPORTUNITY** IN CLASSES, REACHING **SUCCESS** AND LEARNING FROM **TEACHERS**.

"ACADEMICS ARE VERY IMPORTANT TO ME AND OUR SCHOOL BECAUSE IT'S WHAT ENABLES US TO BE SUCCESSFUL IN OUR FUTURES."

Daniel McGrath (11)

Staying Focused

"I find it important to drive myself. I grew up thinking school was the way to go because I grew up with people who never had the opportunity to go to school. Watching them and seeing how not going to school affected them. I've always been driven to do better for myself and my future. Another reason I focus on academics is because I spend most of my days here and I might as well put my all in while I'm here. There are kids that don't have it as easy as I do so I take it to my advantage."

Alaina Collins (10)

Planning the Future

"Yes, [academics is the center of the school] because not every student participates in extra-curriculars, but every student comes here for an education. For sports, if you do participate in sports, you still have to keep your grades high enough to stay off of academic probation. Even if you're not in any clubs, you still have to come to your classes and learn. I plan on going to college, so my grades are really important to me, so I can get into college and hopefully get scholarships."

Amanda Willy (11)

Teacher of the Year

"The teachers at our school do an amazing job to prepare us for the future. My favorite teacher is Mrs. Kelsey Becich, [English], because she has influenced and taught me so much."

Ricardo Paz (12)

Above & Beyond

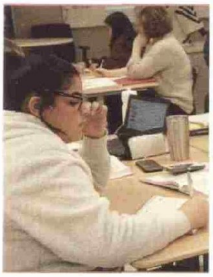
"Academics are important because there are countless teachers that go above and beyond to help their students and make their class interesting."

Kailee Pearson (11)

Choosing Electives

"There's the students, teachers and classes that we offer that are the center of the school. We offer different classes because we have a lot of different types of students."

Mrs. Lisa Moreno, Science



Planning Ahead

As students go through high school, they schedule classes geared toward their goals for their future.

"I try to take certain classes that might be an interest in my future. This way I can know what I am good at and what I plan to study in the future," Stephanie Ramos (10) said.

For some that means taking higher level courses in order to put them ahead in their class.

"I took AP Psychology, as well as many honors and AP classes and I am continuing to take classes that are challenging," Paige Pearson (11) said.

Other students choose to take classes now, in high school, that pertain to their career choice.

"I want to go into either psychiatry or pharmacy. I'm taking AP Chem and AP Psych right now," Sarah Huszar (11) said.

With the help of the counselors, people are able to find the classes that best prepare them for the future careers and lifestyles.

"[I prepare for my future by] researching the requirements for colleges and talking to my counselor," Ramos said.

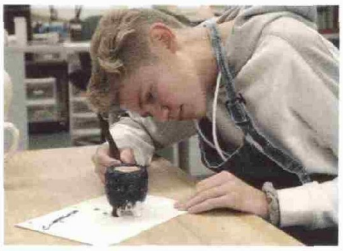
Life After High School

Do you plan on going to college after high school?

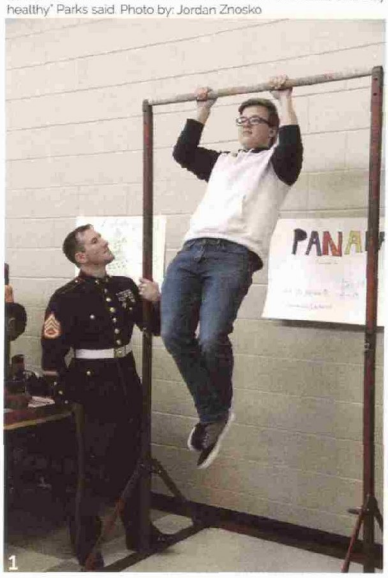
*poll out of 332 students

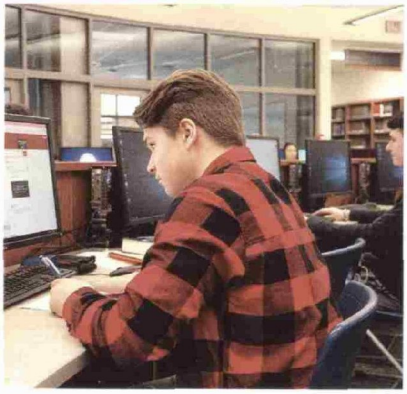
1. BUILDING MUSCLE Alexander Kohut (12) does a chin up at the military booth during lunch. A few other kids decided to do the same after him. "I want to joing the military because I want to serve my country and protect it," Skylar Noonan (11) said. Photo by: Jordan Znosko **2. WORKING UP THE NERVE** Noah Grimmer (11) works on his presentation for a class. They came in the library to finish their work for the next day. "[For presentations] I try to get as much done early so a day or two before I can focus on practicing what I need to say," Natalia Duvnjak (10) said. Photo by: Emily Prince **3. WRITE IT OUT** Walker Hill (10) in Mrs. Monica Gajdo's, World Langauage, 3rd hour Spanish II class works on his vocab in Spanish. The other students worked at their desks." I took spanish because I thought it would benefit me the most, out of all the languages" Samantha Knoll (11) said. Photo by: Jordan Znosko **4. REVIEW** Mrs. Stephanie Parks, Science, reviews with her Anatomy class for the upcoming test. She discussed the structure of a muscle. "It's important to have a basic understanding of how each body system works because we have to know how to care for ourselves in the future and stay healthy" Parks said. Photo by: Jordan Znosko

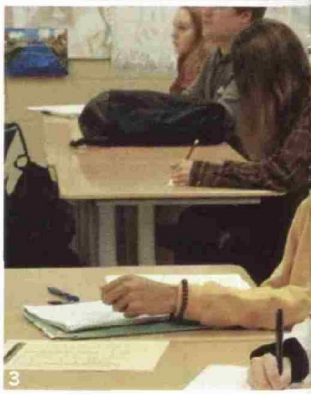
> *"I PREPARE BY TRYING TO TAKE AS MANY CLASSES AS POSSIBLE. I AM TAKING MERCHANDISING AND SOCIOLOGY THIS YEAR."*
>
> **BRYNN MCGUFFEY (10)**



DETAILED ART BRADY MURRAY (10) GLAZES A PINCH POT. THIS WAS DURING MRS. MELISSA MILLER'S, ART, 3RD HOUR CERAMICS CLASS. PHOTO BY: JORDAN ZNOSKO







HOW DO YOU **PLAN FOR COLLEGE** IN **HIGH SCHOOL?**

"The electives are helping me prepare for college because I am able to take classes that could lead me to what I want to do in college."

MADISON THOMPSON (9)

"I am taking classes that will specifically help me out in college and what I want to do. I also know what classes I don't need to take."

GWEN SCHILLING (10)

"I do a lot of volunteer work to help me apply for a good college. I also became really active in school with clubs."

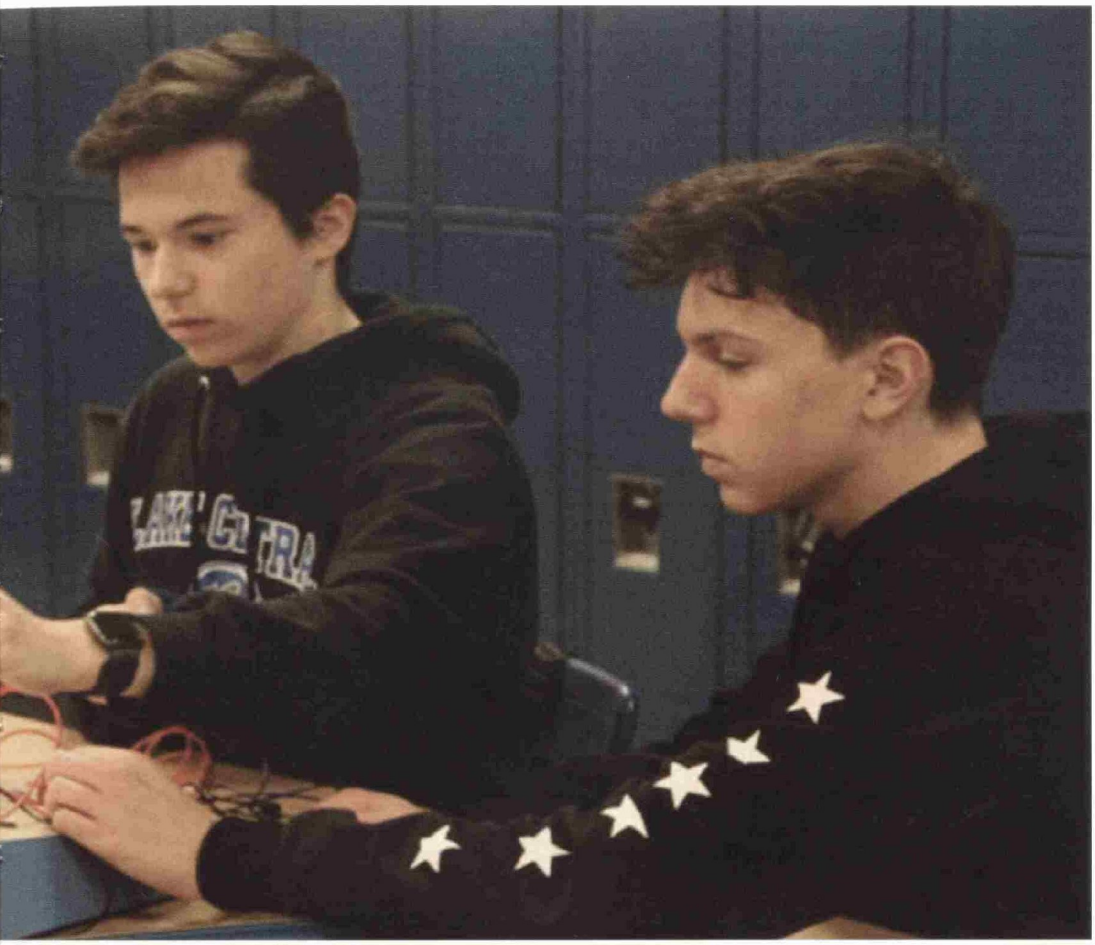
KEARSTEN EASTRIDGE (11)

"I have prepared by staying up late and studying. I've taken specific classes and made sure to study for my SATs."

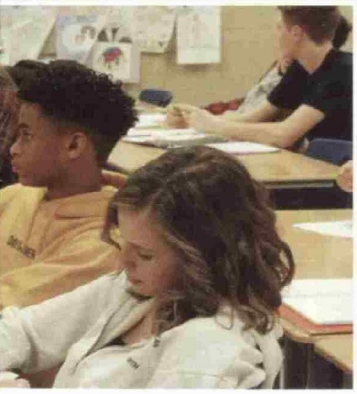
ASHLEIGH THOMPSON (11)

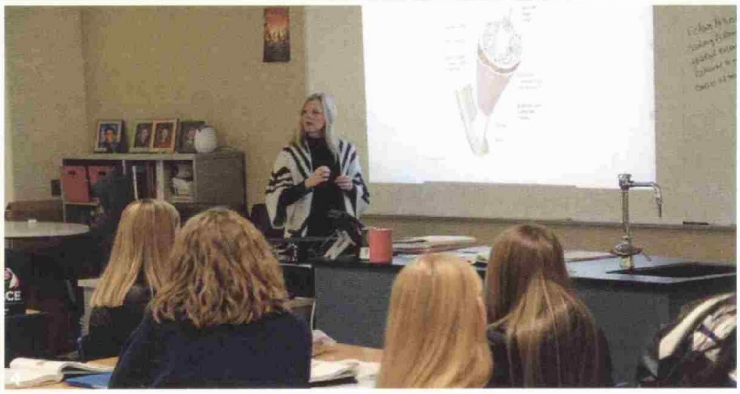
Page By: Bailey Egan, Emily Prince, Justyce Reed, Nitya Shah and Jordan Znosko

As A New Chapter **UNFOLDS**



INTRICATE COURSES AIDAN SIUREK (10) AND JAYDEN PATERIMOS (10) IN MR. ANDREW FISCHER'S, CAREER TECHNOLOGY EDUCATION, THIRD HOUR AUTO CLASS WORK WITH SWITCHBOARDS. FISCHER WALKED AROUND AND CHECKED EACH GROUP'S PROGRESS. PHOTO BY: JORDAN ZNOSKO





"I am looking up different career choices and colleges that go along with my future. I am in AP Chemistry right now, trying to be pre-med."

GRACE RENSCHEN (11)

"I'm not even sure if I will go to college. I might join the military. As for preparing, I take it day by day."

MARC PRINCE (12)

Front & Center

JAELIN MCCALL (12)

What are your plans after graduation?

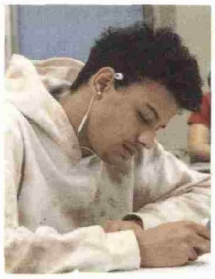
"I have a lot of different plans and offers from colleges. I could go many different ways. Nothing is set in stone."

What challenges have you faced?

"I've had a lot of work, especially as a senior. I shouldn't be getting this much work. I also have worked on saving money."

What are you excited about after graduation?

"I'm excited for making my own decisions and being free from the stress and consistent schedules and routines of school I've had."



Final Drive

WHAT MOTIVATES YOU TO SUCCEED?

Many of the students from all around deal with the pressure to do well in school.

Either to prove their abilities to their parents, themselves or to look good for all of the colleges that they want to apply to, students dedicate time and effort to achieve the goals set for them for the future.

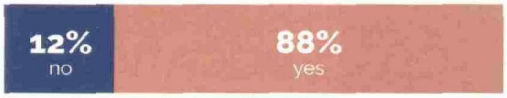
"I say to get into a great college, that's my biggest motivation and trying to get into a good college also a good job. They [my parents] try to help me to motivate me and try the best as I can," Cassie Smolen (9) said.

Students commit to a lot of time and effort in order to get the best grades. When including their extra curricular activities, students are under a lot of stress. Many things drive students to work well, like the pressure they receive from their parents, themselves, teachers or time.

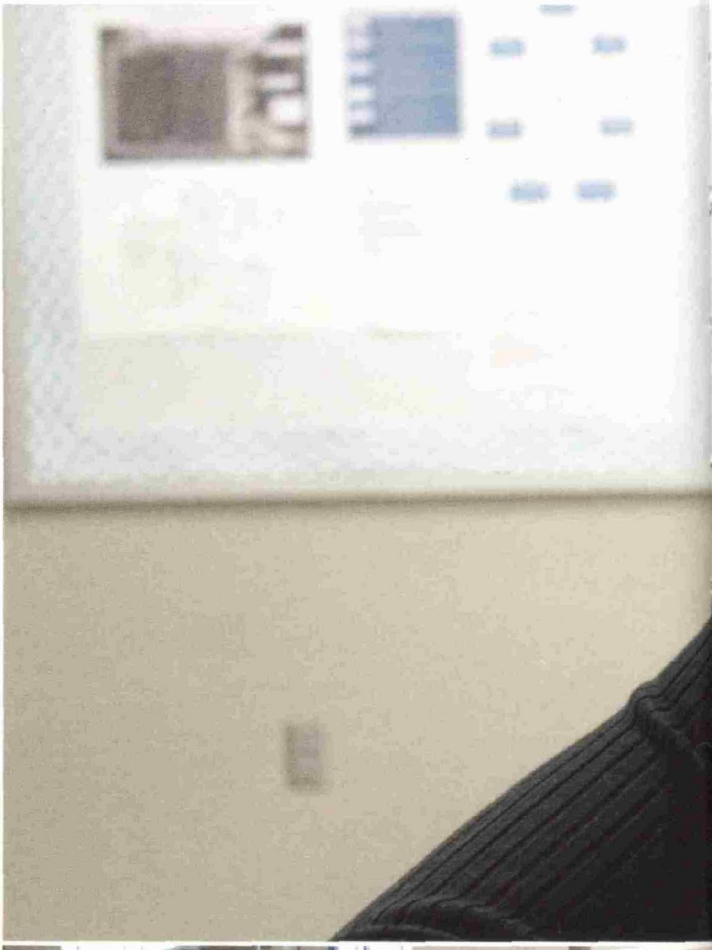
"I feel like when I'm assigned something i try to get it done as soon as possible so I don't put it off until the last minute because I don't work well under pressure," Kimmy Hesterman (10) said .

College Go

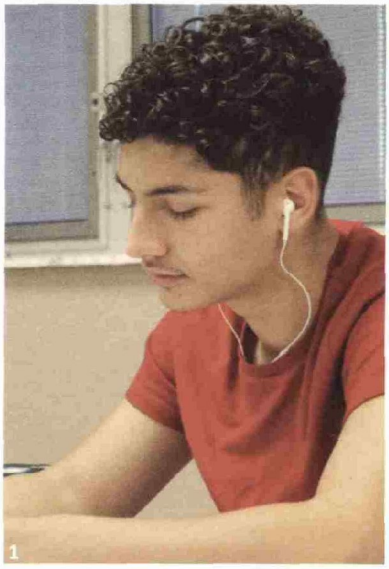
We asked students whether or not they were planning on attending college

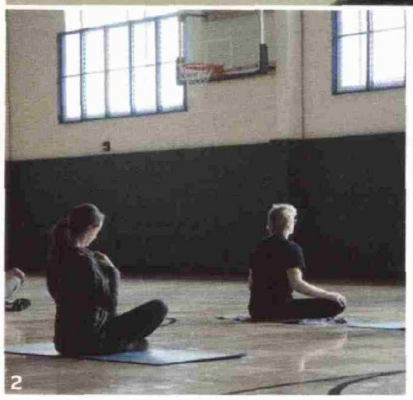


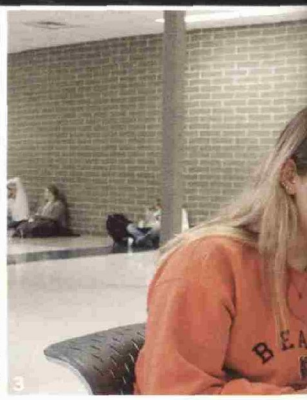
*poll out of 351 students



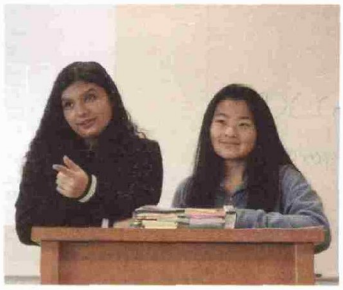
1. STUDYING HARD Sergio Navarro (10) is preparing for his upcoming Geometry test. He was studying all week to prepare for his Geometry test. " I am working and studying for my next geometry test," Navarro said. **2. NAMASTE** Spanish III students are meditating for stress relief since finals are coming up. They were preparing to use some stress relief for their upcoming final. "We have been studying exercise vocabulary, so students were able to hear and understand all of the vocabulary used in the video. it was nice to do something different," Abagail Homans, World Language, said. **3. PARTNERING UP** Madalyn Doot (12) shows Allison Centanni (12) her paper in the lunch room. They were asking each other questions for their next quiz. "For motivations, I just live by the quote 'Hard work will pay off," Minter said. **4. ALGEBRA OVERLOAD** The students are seen working on an Algebra 1 class final. They were studying for the past week with other peers "Algebra is easy once you get the hang of it and put time and effort into learning it," Alexa Nied (10) said.







> "KEEPING THE MENTALITY THAT HARD WORK WILL PAY OFF EVENTUALLY, IF YOU PUT IN THE EFFORT IT'S GOING TO BENEFIT YOU LATER IN LIFE."
>
> **KIMMY HESTERMANN (10)**



THE DRIVE KIMMY HESTERMANN (10) AND CLARISSA MORENO (10) PRESENT TO SOPHOMORE CLASS CABINET. THEY ARE THE CLASS PRESIDENTS.

WHAT IS YOUR DRIVE IN SCHOOL?

"My parents didn't really care. they wanted me to take Honors. It was my choice but they try to help meand motivate me and try the best as I can."
CASSANDRA SMOLEN (9)

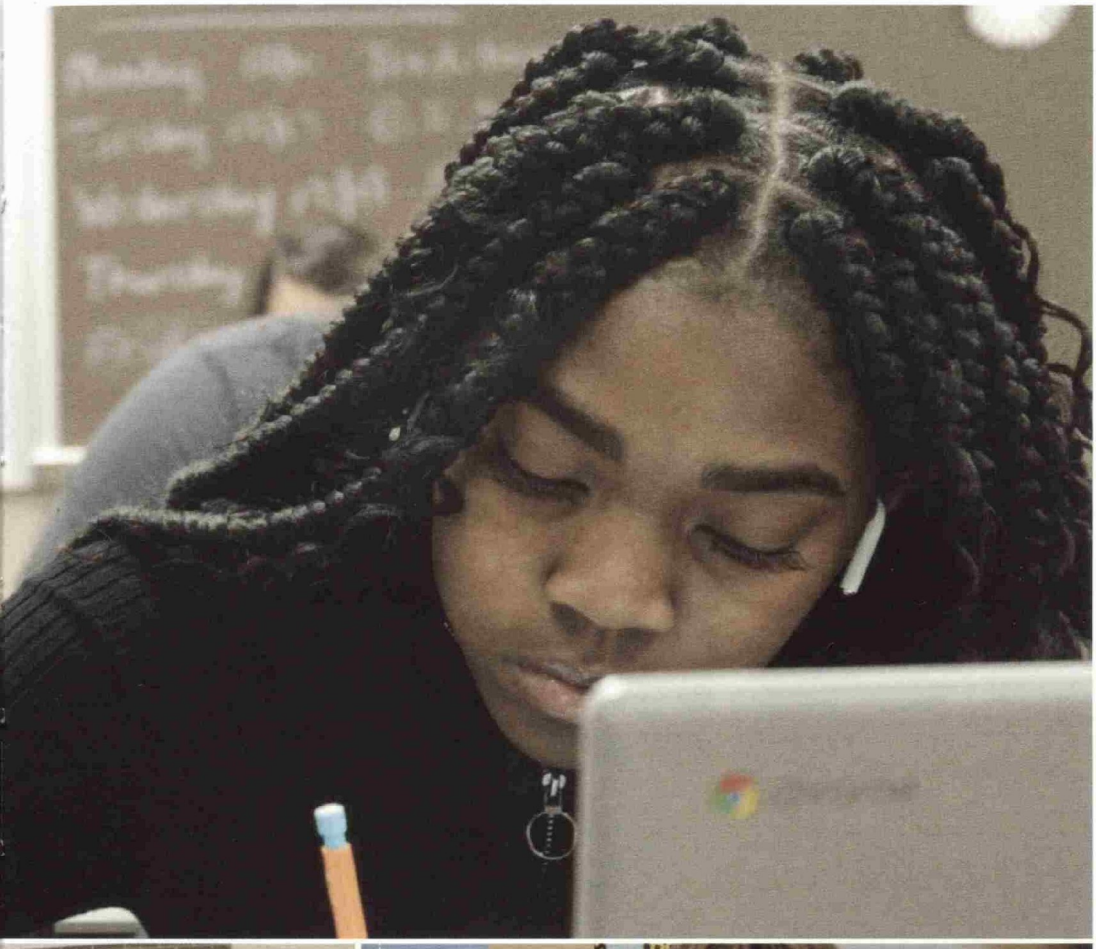
"My biggest motivator would be my parents because they push for me to my fullest potential. Mostly, making sure I get what I need to get done."
ALEXA EDWARDS (9)

"My parents want me to take challenging classes because they want me to challenge myself more and they know I can do well and progress."
NATIALIA DUVNJAK (10)

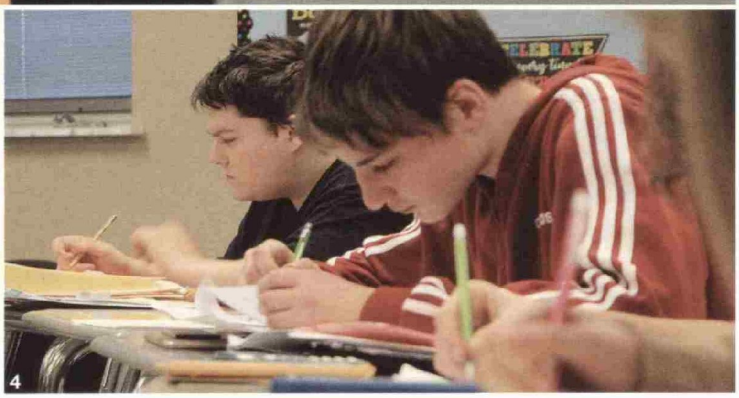
"It started with my parents especially my dad because he was very "All or nothing" but now it's like for me because I've seen that I can do it."
CLARISSA MORENO (10)

Page By: Colleen Dyra, Kelly Hayes, Icyss Meredith, Lilliana Schraeder and Ava Solis

Striving FOR AN "A"



STUDYING HARD KORTNI MINTER (10) FOCUSES ON HER ENGLISH STUDY GUIDE. SHE WAS IN HER ENGLISH 10 CLASS. PHOTO BY: COLLEEN DYRA



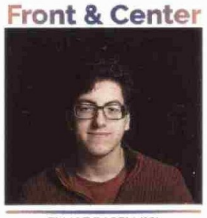
"My drive comes a lot from my parents, and me. My parents have pushed me for as long as I can remember to do well in school."

CARA EKLUND (11)

"Staying on top of the work and keeping the mentality that hard work will pay off. If you put in the effort it's gonna benefit you later in life."

KIMBERLY HESTERMANN (10)

Front & Center



ELLIOT BASEM (12)

How do you manage your time?

"I revise my schedule and tailoring it to my needs so it allows me to spend time on outside-of-school things like teaching myself out of school subjects."

What are some of your study habits?

"I spend a lot of time on the weekends reviewing concepts from the week too. I use the weekend as my time to absorb what I couldn't in a lecture or during the week."

What motivates you to get into college?

"I've always wanted to make my family, friends and teachers proud by excelling in my studies. The next step in that progression is getting into a good university."

TECH HELP DESK

PROVIDES EXPERIENCE TO THOSE WHO HELP OUT

Students at Lake Central's Tech Help desk gather during PTE to help other students. They work to help others and fix technological problems.

"We all gather down there [the library] early and then there's a couple of kids who come in before class starts if they have phone problems," Matthew Tigges (11) said.

The helpers have started a global virtual classroom and spend their PTE time working on it. The connection spans farther than the school.

"We get paired up with two other schools around the world. We have one in Turkey and in India. We have to work with them and share our different cultures in it," Lance Campbell (12) said.

For some, joining the Tech Help Team made them nervous since they did not know anyone. Over time, they formed new bonds and grew close.

"When I went into the Tech Help desk I only knew two people, but now I'm friends with all of them," Tigges said.

Students joined for many reasons. One of the main reasons being helping people with their technological difficulties.

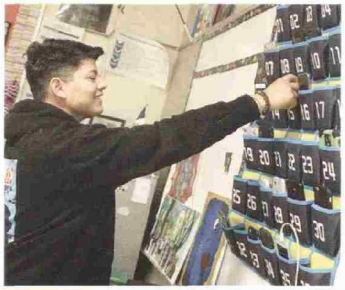
"Helping people makes me feel good and it makes me feel like I have a reason to be doing something, not just sitting there lying around," Campbell said.

Under the Radar

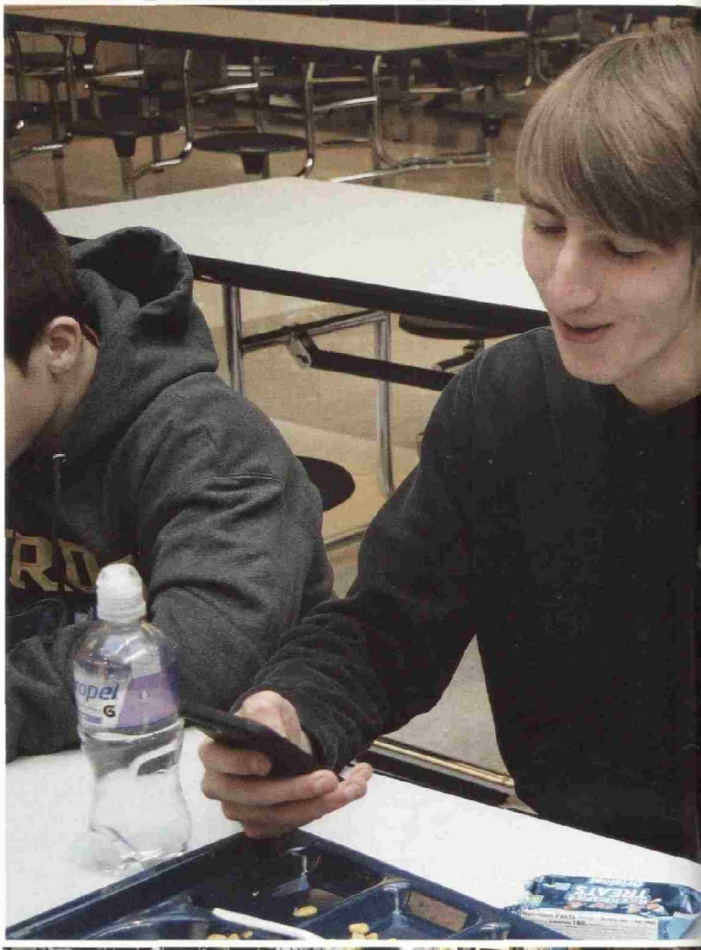
Students were asked if they have a virtual private network in school to get better service.

*poll out of 345 students

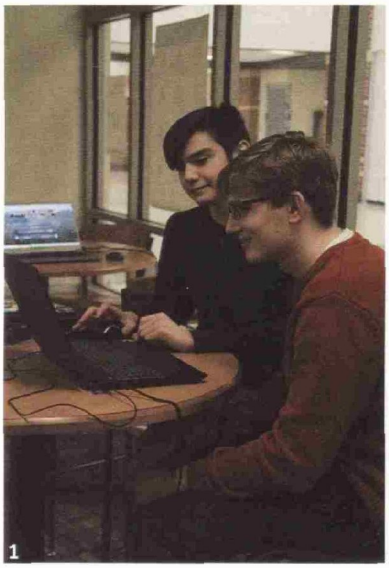
> *"WITHOUT THEIR PHONES, STUDENTS ARE FOCUSED AND MORE ATTENTIVE."*
>
> **MRS. MONICA GAJDOS, WORLD LANGUAGE**



THE DISTRACTION ERYCK CRUZ (10) PUTS HIS PHONE AWAY BEFORE CLASS. MRS. MONICA GAJDOS, WORLD LANGUAGE, REQUIRES HER STUDENTS TO PUT THEIR PHONES AWAY BECAUSE SHE BELIEVES THEY ARE MORE OF A NEGATIVE THAN A POSITIVE IN THIS SETTING. PHOTO BY: BRENNA SEALY



1. HELPING HAND Julian Sahagun (11) and Alexander Peterson (12) work at the Tech Help Desk during PTE. They use their knowledge to help other students understand technology. "I enjoy being a part of the Tech Help Desk because I am able to use my skills to help others," Peterson said. Photo by: Mateusz Gacek **3. IN THE MOMENT** Katie Plaut (9) and Devyn Moore (9) taking a selfie during lunch. Technology allows students to stay in contact with their friends throughout the day. "It helps me contact people and do anything that I need to do," Plaut said. Photo by: Mateusz Gacek **3. EXTRA RESOURCES** Students work on the library computers in PTE. This resource is available to all students. "I go to the library to print stuff. It's good for people without printers at home," Ethan Friendling (12) said. Photo by: Mateusz Gacek **4. CHROME COMPLETION** Sarah Swatosh (9) uses a chromebook in AP Human Geography. Technology aided her in the completion of her assignment. "I think technology provides opportunities to study and it also streamlines communication," Swatosh said. Photo by: Brenna Sealy



HOW IS **TECHNOLOGY USEFUL** TO YOU **IN SCHOOL?**

"Skyward helps me keep up with my grades and Canvas lets me know what is coming up in a certain class or what I missed. It's really useful."

TYLER MURRAY (10)

"Technology helps me in school, because listening to music helps me focus by distracting me from my surroundings, but not from the work itself."

ANTONIO PAZ (9)

"It makes it much harder to do work when the [wifi] goes down. Especially for quizzes when they don't have a printed copy and then we have to postpone them. When wifi cuts out it gets really difficult for me."

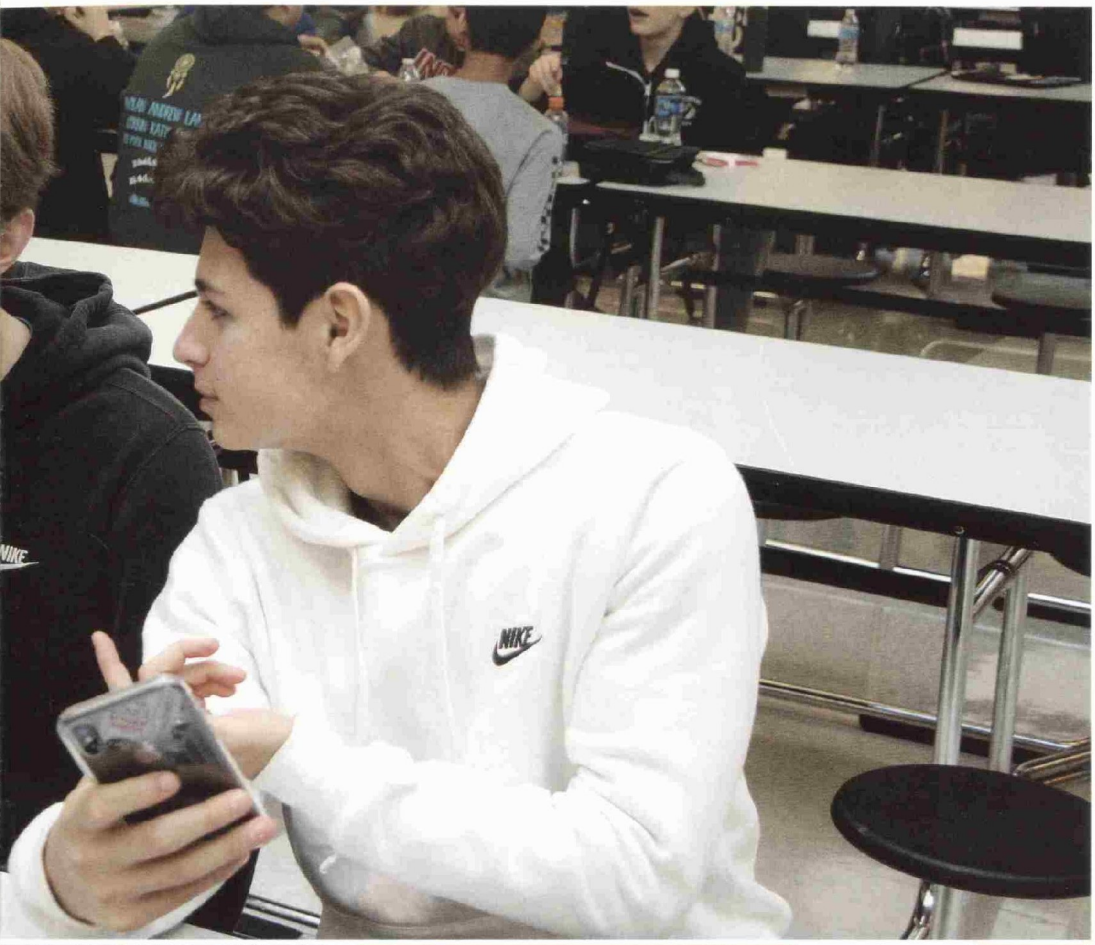
REBECCA VILLARREAL (11)

"You can use technology to find resources that can help you better understand the work you're doing."

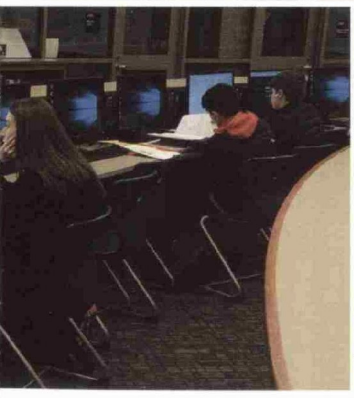
JOHN SCANLON (11)

Page By Mateusz Gacek, Jade Melnik, Annaliese Nelson, Celester Recio and Brenna Sealy

In Touch with TOMORROW



CONNECTIONS
ANTHONY AVECILLAS (11) AND MICHEAL ARCELLA (12) DISCUSS WHAT THEY ARE DOING ON THEIR PHONES. THEY WERE TEXTING PEOPLE THEY WERE NOT ABLE TO TALK TO IN PERSON. PHOTO BY: MATEUSZ GACEK



"It's useful for me in school because I can work on something at school and then easily go home and get to it. I could also look up stuff in class if I need to."

SKYLAR NOONAN (11)

"[Technology] benefits us by helping us take quizzes, studying, getting in touch with our teachers and checking your grades."

GIANNA MCFARLANE (10)

Front & Center

MRS. SUSAN SCHWEITZER, EDTECH TRAINER

What inspired you to do this job?

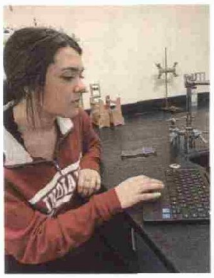
"I love technology because I think it can be used to enhance learning and we can do so many things more efficiently in addition to enhancing our learning."

Why do you think technology is so important now?

"We live in the twenty first century. We have to be able to use technology to be able to compete in a global society."

What does a normal day for you look like?

"A normal day would be me planning trainings and new documents for teachers. I'm constantly working on training pieces, creating documents and presentations."



Taking Advantage OF ACADEMIC OPPORTUNITIES

Taking higher level classes can provide many opportunities geared towards a successful future.

Throughout high school, students are faced with many decisions. One of the decisions that students have to make is which classes to take to better their future. Students can take honors, AP, dual credit and regular classes. Many students come to find out that advanced classes provide opportunity.

"I think advanced classes help because I'm taking classes that will benefit my future and help me move on to bigger things," Danielle Colontuano (12) said. One opportunity that comes with taking higher level classes is what it looks like to colleges when these classes are taken. Not only do these classes, especially AP, raise your GPA, but it can make a difference in the level of college you get accepted into. Colleges know these classes are considered more difficult than regular classes and take that into consideration.

"Doing good in advanced classes and taking as many as you can make colleges impressed when you apply." Ryan Huppenthal (11) said.

High school is a time to explore what career path is right for you. Students often want to take classes that gear them towards where they want to go in life. With dual credit classes, this opportunity becomes available. Students say that these classes tend to be more specialzed than advanced placement, and in dual credit classes, just passing will get you the credit.

"Dual credit classes have allowed me to take classes geared towards what I want to be. Right now, I am taking dual credit business classes because I want to go into business, which has helped me a lot." Kate Wojciechowski (10) said.

ADVANCED OPTIONS

ATTAINABLE COURSES

21 ADVANCED PLACEMENT COURSES OFFERED

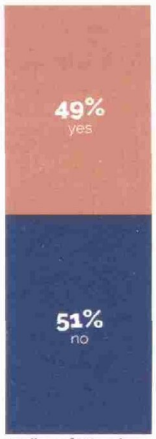
23 DUAL CREDIT CLASSES OFFERED

18 HONORS COURSES OFFERED

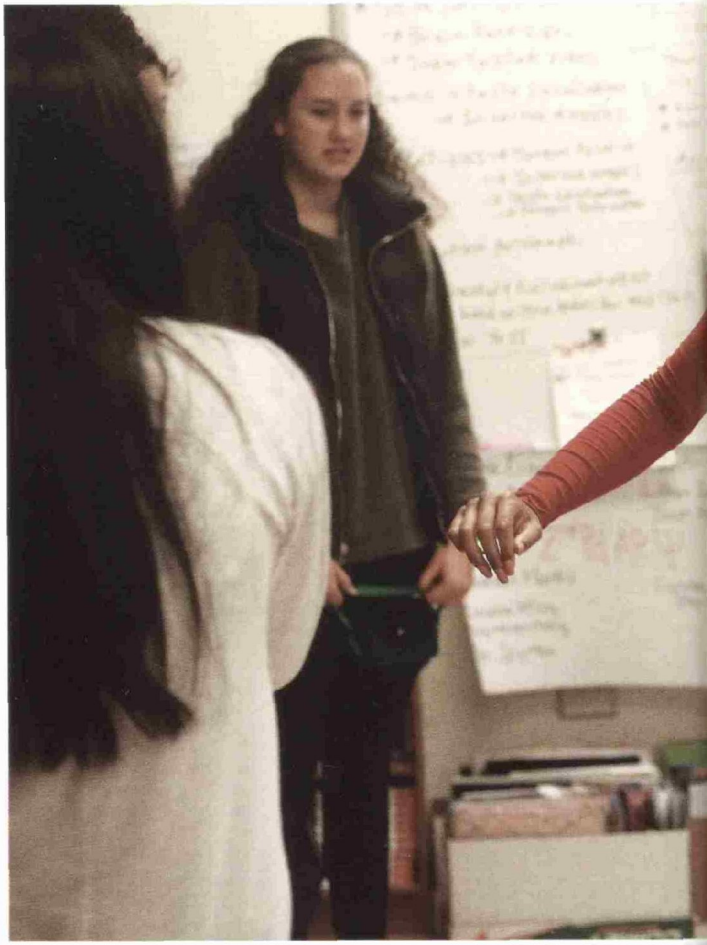
16 CAREER CENTER CLASSES OFFERED

The Benefit

Students are asked if classes are beneficial in helping them succeed



*poll out of 352 students



1. BUBBLES GALORE Paige Pearson (11) is seen blowing bubbles for an ap Environmental Science activity. The students were learning about species survival. "I enjoyed this activity. It really opened my eyes to what we were learning about," Pearson said. Photo by: Jade Mehok **2. ENVIRONMENTAL EXPOSURE** Ian Butler (12) is participating in the AP Environmental Science activity. He learned about different parenting styles species of animals have. "AP Environmental Science is actually one of my favorite classes because of the hands-on activities we do," Butler said. **3. SPANISH CARDIO** Om Rajput (11) gets active while participating in a Spanish Speaking workout exercise. Rajput is in spanish 3 with Mrs. Homaus. "I understood how Spanish is meant to be spoken like the fluency and how fast they talk," Rajput said. Photo by: Kelly Hayes **4. SOAKING IT IN** Rachel Hernandez (9) is working on her homework in study hall. She uses her study hall time to her advantage. "I think it is really important to have a study hall in your schedule because I can get most of my homework done in that time, which leaves less homework for me to do at home," Hernandez said. Photo by: Kiley Szatkowski

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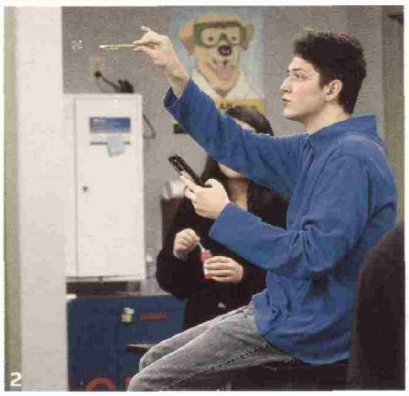
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DO YOU FEEL PREPARED FOR YOUR CLASSES?

"I just started taking AP classes this year. At first I didn't know what to expect since I have never taken a class like this before and I didn't really feel prepared."
BROOKE BURKS (10)

"Because I was introduced to the higher work ethic that was needed as a young child earlier in school, it has helped me to do better in high school."
EMILEE MARTEN (10)

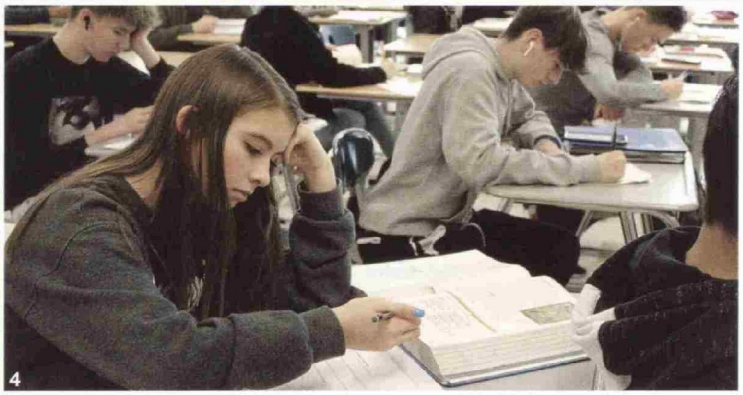
"I studied in the Philippines when I was in middle school and I feel like studying in the Philippines was a lot more challenging."
IMMANUEL BRAVO (11)

"I have been in advanced classes since elementary school and this has helped because I learned how to manage my time better at an earlier time."
MICHAELA SPEARS (12)

Page By: Mia Born, Olivia Figg, Jackson Nowak and Nitya Shah

Advanced OPPORTUNITES

DRUNK GOGGLES MICHEALA SPEARS (12) TRIES TO WALK IN A STRAIGHT LINE WHILE WEARING "DRUNK GOGGLES." SHE WAS DOING A PERCEPTION PSYCHOLOGY DEMONSTRATION. PHOTO BY: JOSHUA CHEN



"Being in honors classes since I was little has helped me succeed in school because I have learned harder material earlier in life."

IAN GABBERT (10)

"Starting advanced classes freshman year was something that I had to get adjusted to. you have more homework than you would in regular"

OLYVIA PANICI (10)

Front & Center

LIBBY HABERLING (12)

Why did you decide to go to the Career Center?

"I am happy with my decision to attend the Area Career Center for the second year because the program I am in is going to help me greatly in the future."

Has the Career Center prepared you for the future?

"The Area Career Center has most definitely prepared me for my future. I couldn't feel more reassured about myself and the job I want to go into [Flight Nursing]."

How do you cope with the busy schedule?

"I mainly focus on making sure I have healthy ways to deal with the stress that comes along with these classes."

The Pathways to **EXCELLENCE**

REMEMBER TO RETAIN STUDENTS IN MRS. THERESA ZENTZ'S, SOCIAL STUDIES, AP PSYCHOLOGY CLASS LEARN SENSORY TECHNIQUES. THIS HELPED THEM BETTER THEIR ABILITY TO RETAIN INFORMATION. PHOTO BY: ANNIKA GORNEY

1

BEHIND THE BOOKS

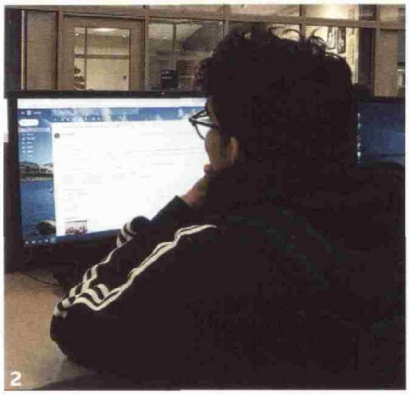
STUDENT SUCCESS

3,245 STUDENTS DURING FIRST SEMESTER

487 STUDENTS IN ACADEMIC LETTERWINNERS DURING FIRST SEMESTER

20 AP CLASSES OFFERED

14 STUDENTS GRADUATING WITH SUMMA CUM LAUDE DURING FIRST SEMESTER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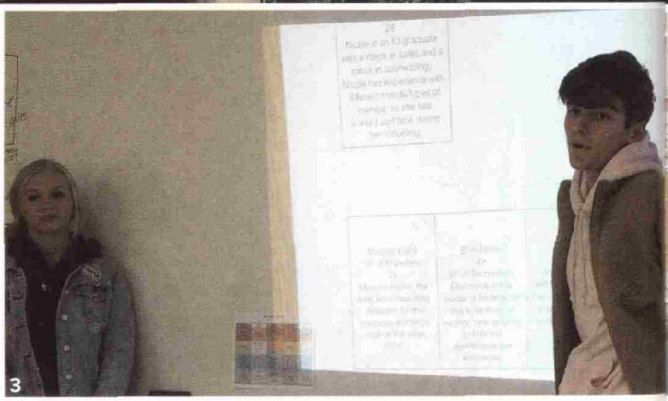
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WHAT DOES **ACADEMIC SUCCESS** MEAN TO **YOU?**

"Success to me means getting into a good college and eventually getting into a professional school so I can help animals."

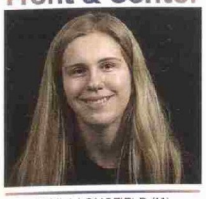
MADISEN PIVONEY (11)

"Academic success means to do my best in whatever I do and having the hard work pay off"

KIMBERLY HESTERMANN (10)

Page By: Annika Gorney, Lita Nighbert, Ava Solis and Meegan Taylor

Front & Center



KAYLA LONGFIELD (11)

How do you define academic success?

"Being happy with your grades and doing the best that you can. If you're taking classes and getting all As, that's great, but you also want to feel like you are being challenged."

What do you think of when you hear success?

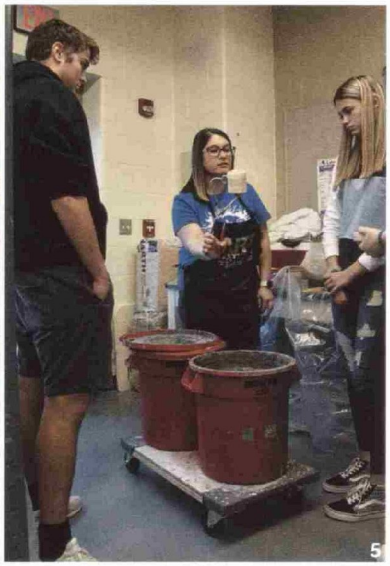
"Being happy, and in a lot of cases you need money for that, not too much because that is a lot of stress, but having enough to live nicely and being around the people you like."

Do you believe you are successful?

"I am getting there. Obviously I do not have a job or anything right now, so I feel like it is hard to say that I am successful right now, but I feel like I am where I need to be successful in the future."

4

2. HEAD START Deep Govani (11) works at a computer in the library during his lunch period. Students had the opportunity to utilize the library to research and complete assignments. "I like to work on assignments whenever I can. It helps me get a head start on my work," Govani said. Photo by: Annika Gorney **3. POWER IN PRESENTING** Nicole Germick (12) and Maximo Fiera (10) present a project to their Intro to Business classmates. The students had to make their own business and create their own unique product. "When we first started this project, it was a bit stressful but that is all part of running your own business. In the end the project was a good experience. It taught me how much responsibility and work goes into having your own business," Fiera said. Photo by: Lita Nighbert **4. SCULPTING SUCCESS** A group of Ceramics students work on a project using clay. They used their extra time in order to complete the project. "We had the opportunity to do an extra project, so my whole table decided to go in together and do the slab bases," Noelle Quiroga (10) said. Photo By: Annika Gorney **5. PERFECT POTTERY** Mrs. Elizabeth Cowan, Art, demonstrates working with clay to a group of students in her third period Ceramics class. The students were working on making pottery out of the clay. "I think Ceramics is really cool because I am able to learn a lot," Noelle Quiroga (10) said. Photo By: Annika Gorney



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"Academic success means getting a proper education to the point where you know what you need to do to succeed in life."

AVA TOMKY (9)

"To me, academic success means working hard, getting good grades, following a successful plan to college and earning scholarships."

KALLI BLANKENSHIP (12)

"Academic success means focusing on your GPA and trying to do well in school and eventually get into college."

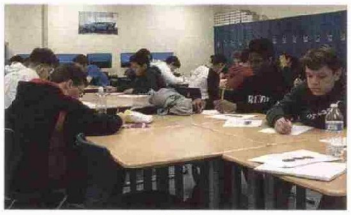
MAYA GORNEY (9)

"Academic success means getting good grades and preparing myself so I can have a successful future."

ABIGAIL BURTON (10)

Driving

Towards Success



When people think about academic success, they may believe that studying and good grades define this success. However, some classes show academic success in several different forms.

"[Auto] is work-based learning [and] it is more hands on. It is not like the other classes where they just test you on memorization," Alejandro Munoz (12) said.

Although auto class does not require the same materials as an academically-based class, students can still have the opportunity to feel academically successful. Learning to work on cars can provide many beneficial skills for the future.

"When I was young, my grandpa and my dad always worked on cars. They would always do stuff in the garage and I was like, 'Okay, this is cool.' I found out that there is an auto program here and it kind of built up from there. Success is all about whatever makes you happy in the future," Jacob Demantes (12) said.

Thinking about the future can be stressful for some students as they attempt to piece together the rest of their lives. Classes such as Auto can be utilized by these students to make connections and potentially find a future career.

"I like to think that I have what it takes and that I can and will push my limits to achieve what I want," Munoz said.

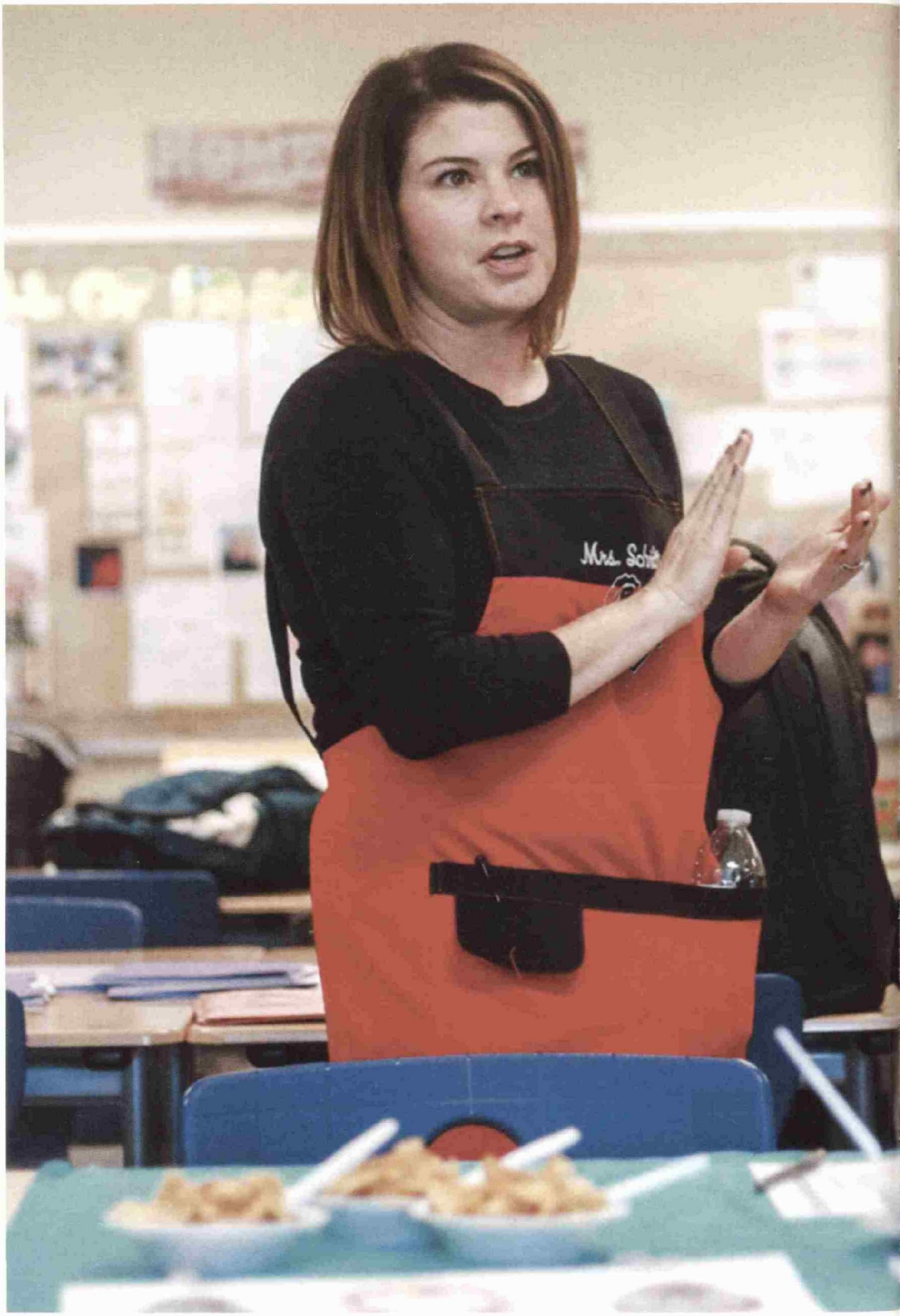
Brains Aren't Everything

Do you believe that academic success goes beyond grades?

*poll out of 387 students

Impacting the STUDENT BODY

HANDS ON MRS. JENNIFER SCHMIDT, FACS, EXPLAINS THE CHILLI-COOK-OFF HER NUTRITION AND WELLNESS CLASS WILL BE PARTICIPATING IN. HER CLASS THEN MADE THE CHILI THEMSELVES. PHOTO BY: JOSHUA CHEN



Is there a teacher that has been influential in your life?

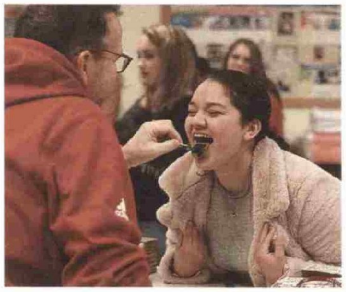
Teachers can influence students very heavily because they are around each other so often

*poll out of 345 students

Page By: Delanie Flynn, Mackenzie Guthrie, Jade Mehok, Celester Recio and Brenna Sealy

"[MR. RALPH HOLDEN, SOCIAL STUDIES,] IS VERY PASSIONATE ABOUT WHAT HE TEACHES AND I LIKE HIS TEACHING STYLE."

JESSICA BARENIE (12)



MIDDLE-OF-THE-ROAD TASTER JESSICA BARENIE (12) DISCOVERS SHE IS A MIDDLE-OF-THE-ROAD TASTER, MEANING SHE HAS AN AVERAGE NUMBER OF TASTE BUDS. MR HOLDEN'S AP PSYCHOLOGY CLASSES GOT THEIR TONGUES PAINTED FOR A DEMONSTRATION TO FURTHER UNDERSTAND SENSES.

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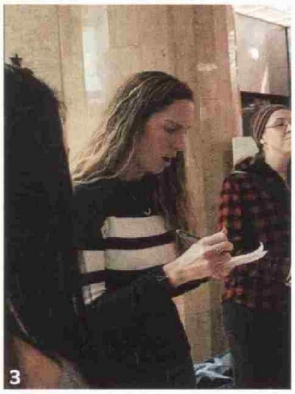

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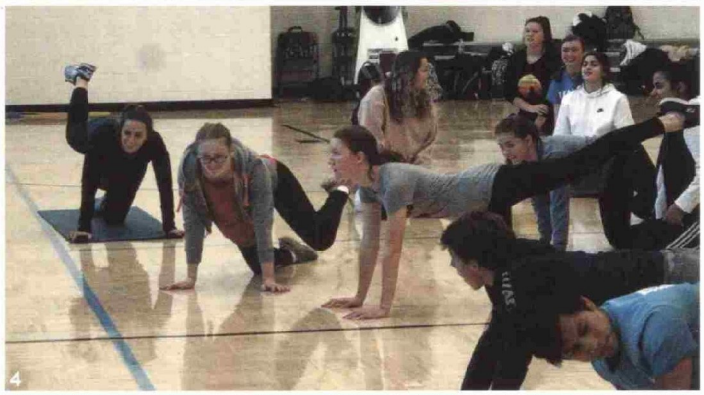

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1. SAY CHEESE Teachers taste chili during Nutrition and Wellness. Students competed against each other to create the best chili. "It was a great way to see some of my students do something outside of my classroom, and it was a great way to engage with students," Mrs. Lupe Jauregui, World Language, said. Photo by: Joshua Chen **2. COOKING FOR A CAUSE** Mrs. Julie Shupryt, Science, talking to environmental club at a meeting. Shupryt was teaching them about how food choices can impact theenvironment. "She helps us understand what we are trying to teach," Hayley Mation (12) said. Photo by: Isabella Brazzale **3. TEACHING WITH IMPACT** Mrs. Kristina Collard, English, checks in on N-Teens members during their trip to Chicago. Elizabeth Solis (10) feels Collard is a great role model. "She knows how to take care of her students and helps them in every way possible," Solis said. Photo by: Alayna Wilkening **4. VOCABULARY EXERCISE** Mrs. Abagail Homans, World Language, demonstrates yoga for a Spanish III class. This training was to help students understand vocabulary. "I enjoyed the hands on experience we had learning vocab," Nathaniel Sorrentino (11) said. Photo by: Kelly Hayes

WHAT IS YOUR **FAVORITE** MEMORY WITH A **TEACHER**?

"My favorite memory is talking to Ms. Harle, [FACS,] about my problems. She's a really good listener, genuinely cares and gives me good advice."

ALYSHA WENGLARZ (10)

"My favorite memory was with Mrs. Gore, [English,] for angel tree because it was a mini field trip and we were helping the community."

NICOLE RYTCZAK (12)

"Mr. Jones, [Music,] told me he liked my Christmas socks one time."

SOPHIA TEXTOR (10)

"Mr. Hilliard, [Social Studies,] in general or when he would jump on the desk [is my favorite memory with a teacher]. He would make class fun."

AUBREY ROWSER (12)

"[My favorite memory is] having debates with Mr. Thompson, [Social Studies]. We kind of got into heated arguments and they turned out pretty funny. Sometimes the whole class got into the arguments."

SHELBY BRENNAN (12)

"One time someone let a bee into my chem class and Mrs. Vukas [Science] chased it around the classroom trying to kill it. [It took] a good ten minutes."

EMILY DAHN (11)

HOW MANY TEACHERS *BY DEPARTMENT*

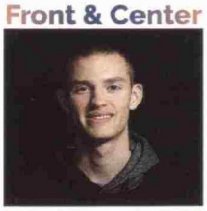
22 TEACHERS TEACH IN THE MATH DEPARTMENT

16 TEACHERS TEACH IN THE SOCIAL STUDIES DEPARTMENT

23 TEACHERS TEACH IN THE ENGLISH DEPARTMENT

19 TEACHERS TEACH IN THE SCIENCE DEPARTMENT

Front & Center



ALEKZANDR RHODY (11)

How does it impact you being the son of a teacher?

"Most of my teachers know me already when I go into the classes and I really can't get away with anything here. He knows that I did something wrong before I know that I did something wrong."

Have you ever taken your dad's class?

"I took Physics I last year because I couldn't get into AP. I think it's easy. I just sat in the back of the class and did nothing. I plan to take AP Physics either I or C next year."

How do you feel about attending the school your father works at?

"If I need something signed I can just go over to his room. A couple times I've forgotten to print stuff out so I just email it to him and he prints it out."

Page By: Mina Cattelino, Bailey Pasquale, Brenna Palencia

OFF CENTER

Academics aren't only about good grades, student prodigies and honor awards.

From Diagnosis to Motivation

After the news of Mrs. Rosemary Kennedy's diagnosis, the love and support toward the Kennedy Family has helped Kyle Kennedy (10) grow as a student.

Kyle Kennedy's (10) mother, Mrs. Rosemary Kennedy, World Language, was diagnosed with Stage One Breast Cancer in July of 2019. Her students and family have been supportive throughout her journey, especially Kyle.

"My mom and I are so close, she's my best friend. She's one of the strongest people I know, and for me to watch her go through this is nothing I have ever had to deal with before. She's resilient and always shows me how to be the best version of myself. She always wants the best for me and only the best," Kennedy said.

> **"THIS EXPERIENCE HAS TAUGHT ME TO BE THANKFUL FOR EVERYTHING IN MY LIFE AND TO SHOW MY MOM THAT I CAN WORK HARD."**
>
> **KYLE KENNEDY (10)**

Her diagnosis was difficult for Kennedy to hear. However, Kennedy and his family have used this emotion to fuel their daily lives.

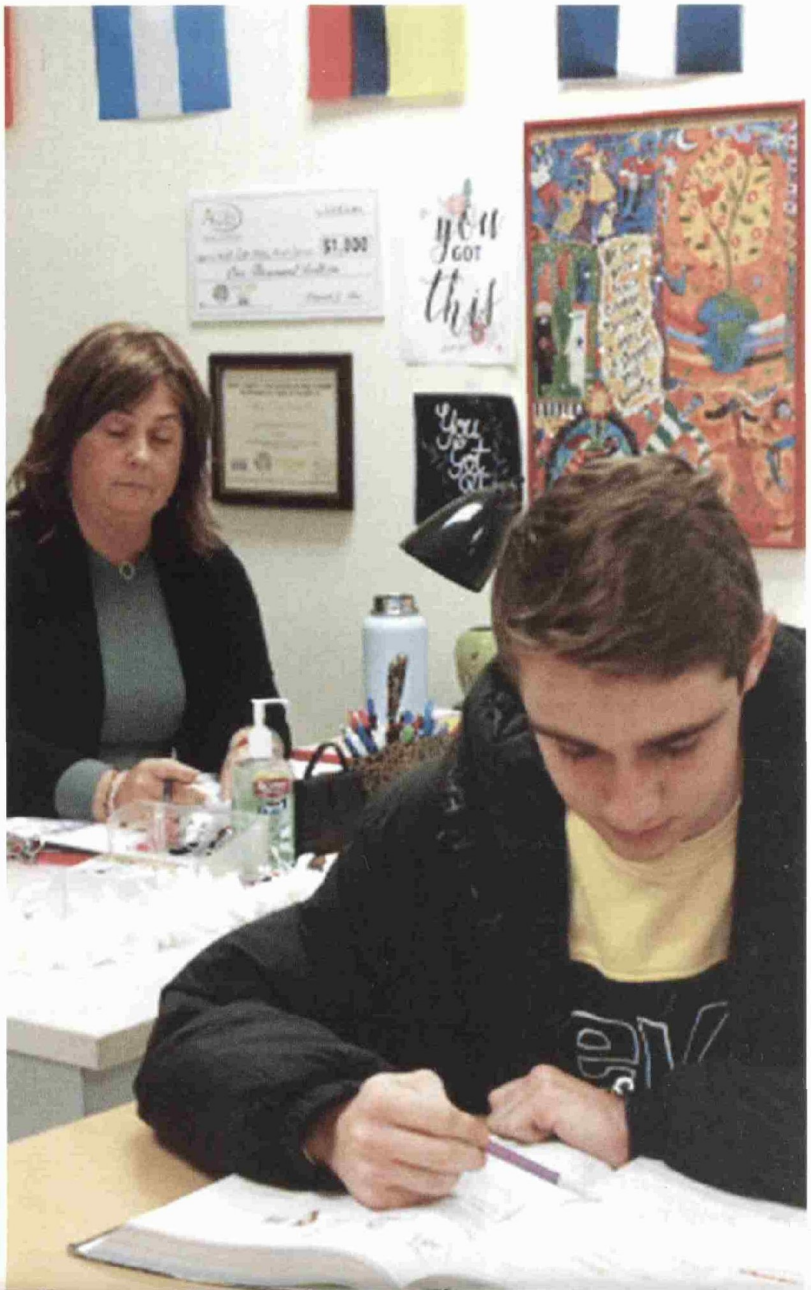
"Personally, since her diagnosis it has been motivation for my whole family. I want to do better in school so she doesn't have to worry about my grades. I think that this experience has really helped my grades. I'm able to focus on my academics because that's the only thing I can control in my life right now. I want her to know that I'm trying my hardest and she doesn't have to constantly check. I want things to be as smooth as possible for her. She is constantly there for her students and family, it's time to show her the same." Kennedy said.

Kennedy's friends have provided emotional support to take his mind off his mother's treatment.

"I only told my closest friends at first. On her first day of chemo, they surprised me and took me to The Sip in Crown Point, and we just hung out to take my mind off of what was been going on," Kennedy said.

The diagnosis has caused Kennedy anxiety towards academics and his daily life. Kennedy, however, has used this as a learning experience. Mrs. Kennedy's teaching is how she copes.

"My mom grew up in a Spanish-speaking household and grew on that. She always had a passion for helping others and to show the best of themselves. [Students] have been really cooperative and really respectful to her. They give her a lot of energy. She shows them that life is tough but there is no limit to how hard you persevere in life. My mom loves her students and when she teachers she forgets about everything else going around in her outside life," Kennedy said.



ALWAYS THERE Kyle Kennedy (10) studies with his mother in the background. According to Kennedy, she is always in the back of his mind. "My friends and I decorated her room for her first chemo treatment. I loved the idea because I want to be there for her as much as she is for me." Kyle Kennedy (10) said. Photo by: Brenna Polovina

WHAT ARE **TEACHERS** OPINIONS ON **CHEATING?**

"Cheating might be compared to stealing because in a school situation you are looking at someone's paper. I always think about it like a referee in sports. If you called everything you would never get anything done. If you keep calling fouls, then nobody would be playing basketball. If I see it I'll call it. If it's blatant, like a phone, I'll call it."

MR. ROBERT JACKOWSKI, WORLD LANGUAGE

"As an English teacher my main definition of cheating would be plagiarism. My opinion on cheating is that it usually happens when a student feels overwhelmed or unprepared for an assignment or assessment. Generally, I believe students cheat not because they're lazy but because they feel that they cannot reach out for help. If I find a student copying an assignment from another student I give both of them a zero. If it happens more than once with a student then they are written up as well."

MRS. BRITTNEY GORE, ENGLISH

"Cheating is any time someone is using someone's work or anything that is not their own to make their assignment whether its Googling it online, borrowing and copying a person's assignment or having a group share chats. If you did not come up with the answer on your own and with your own brain, it is cheating."

MRS. JULIE SHUPRYT, SCIENCE

"Cheating is trying to get an unfair advantage. One reason is that students feel the need to be successful due to expectations of family, friends, society and even teachers. I feel so bad for students today. The pressure to get to the best school, have the highest GPA, stresses students and parents. Kids are not learning any more. They memorize, dump and forget, thus not connecting concepts and thus the pressures continue to build. I hear students say I have to get an A on this test. I work really hard to stop cheating and discuss what I interpret what cheating means as well as what being labeled a cheater means."

MS. MARY JOAN MARTIN, SCIENCE

"Cheating makes you lazy, being lazy causes you to fail. If you cheat you will fail in getting the satisfaction of accomplishing your long-term goals on your own efforts, which is much more fulfilling. I like to think that the majority of the cheating that I catch is not done maliciously. I find that it happens in a lot of group work or writing assignments where students are unsure of what constitutes collaboration and what is actually cheating."

MR. ALEX THOMPSON, SCIENCE

83% of students admitted to **cheating**

*poll out of 330 students

STRUMMING THROUGH SCHOOL

Intro to Guitar was introduced as a new class this year to allow students that may not be interested in art or cooking to be able to receive an art credit without joining band. Collin Crimmins (10) is one of the many students that have taken an interest in this class.

"I decided to take Intro to Guitar because I have been playing for a few years, and I wanted to apply my skills in a classroom setting," Crimmins said.

As a new elective, the class is said to teach students the basics of guitar. Although Crimmins is not a beginner, he goes through the basics with the rest of the class to learn a more in-depth version of what he already knows.

"At the beginning of a normal class, we tune our guitars, then we will go through a book the teacher gave us explaining what we will be doing that day, and she will show us what it is, and if it is new then the whole class will practice," Crimmins said

Just like any elective, it plays to certain people's interests, whether it be business, art or in this case, music. However, for Crimmins, this class doesn't just interest him, he sees it helping him further along in life.

"My favorite thing about Intro to Guitar is being able to jam out for an hour and a half as a class. I see this class helping me because I plan to move forward as a musician and in order to do that I must learn notes, rhythms and how to read and write sheet music," Crimmins said.

With the class only being a semester, students must learn a large amount of material in a short amount of time. Although the first semester isn't over, Crimmins has said he has already gotten so much out of Intro to Guitar.

"I have already learned that sheet music, timing and written rhythms are very important and that a lot of top hits that you hear on the radio are very simple and aren't as hard to play as you would think. Overall, I am so glad I took this class and would recommend it to anyone here," Crimmins said.

Q&A

with Ashley Koutropolous (12)

What is work-based learning?

"Work based learning is a program that allows students to leave school to go to their job or a work-related field. It gives students more real world experience with the career they want to pursue. I totally recommend work-based learning to anyone who learns best with hands on experience."

Why did you decide to take this class?

"I decided to take this class because I knew I didn't need to take any other classes, and I didn't want to take blow off ones. Having this extra space in my schedule allows me to get things done. I also wanted to leave school. I wanted to leave school to get out into the real word instead of being locked in school the whole day."

How has it helped you plan your future?

"It has helped me plan my future because it has shown me how the work field is. I have to be on time and make sure I don't mess up. It has made my time management stronger and it has took my interest in psychology even further."

What do you want to pursue when you are older?

"My dream job would to be to work in the psychology field. My intrest in psychology started when I took AP psychology last year. Mrs. Zentz made it really interesting and made it fun to learn. That would have to be my favorite class I have taken at Lake Central. I realized that psychology it was something I could potentially do in the future."

THE OLD CENTER

Berlin Wall

"At one time, the Freshman Center was so modern and it was state of the art. Now, the Freshman Center is the old part of the school. There used to be a huge steel gate that came down and we called it the Berlin Wall. We put a sign up that says 'You are Now Entering East Germany,' which was the bad part going into the old school, because the Freshman Center was so brand new. They didn't like the sign."

Mr. Thomas Clark, Social Studies

Personal Island

"A memory I have is filming our island commercials for Mrs. Schilling's class with my group. One of my friends was doing somersaults and sliding around the floor for our commercial and then a janitor walked by and just stared at us for a really long time."

Emily Denny (10)

Daily Nostagia

"When I am here in the Freshman Center it still feels like the high school that I remember, then when you go to the new part it is almost like not unfamiliar but it doesn't feel like it did when I was here. My freshman year my locker was in the Freshman Center. With my classroom being in this hallway, I am always able to see my locker from when I was a freshman and I think back to when I was in high school. The only big change to the Freshman Center has been the addition of classrooms. Other than that it looks exactly the same."

Mr. Alex Thompson, Science

Obstacles in the Halls

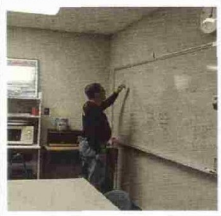
"It was last year when I was a freshman. We were taking photos for photography. We finished up around the area with large cylinder poles for some closeup shots with little army soldier toys. We were going back to the classroom and I wasn't looking where I was going so I almost hit a pole. I was like 'Whoa I almost hit a pole I should start looking where I was going,' and I didn't listen to my own advice and I almost hit a second pole right after I walked a few steps. I laughed at myself and a couple people laughed as well because I almost hit two poles within a couple minutes."

Citlali Lopez (10)

Morning Music

"I have only started playing the ukulele in the Freshman Center about 2 weeks now, just because we have heard that the talent show was coming up. I told Vince [Palermo (12)] to meet me in the Freshman Center because I knew it was secluded and we definitely did not want a big audience. We just wanted to be away from all the chaos and the rest of the school. I really never used to hangout in the Freshman Center there, but since we started going there it has become kind of special. This is a place that only a few people know about, especially that area around the LGI. It is just a really peaceful area. It just feels alone there and it gives you time to reflect."

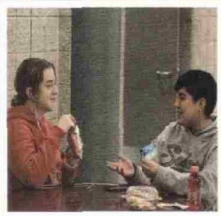
Haley Turek (12)



Behind the Classroom

"The Freshman Center is unique due to the pods they have. The pod offers us teachers a common area where we can eat in privacy. We have our own bathroom, sink, microwave and refrigerator, so the convenience of working in a pod is really nice. I feel that the Freshman Center is the greatest place a person can ever work as a teacher. I truly believe that and have always had."

Mr. Douglas McCallister, Mathematics

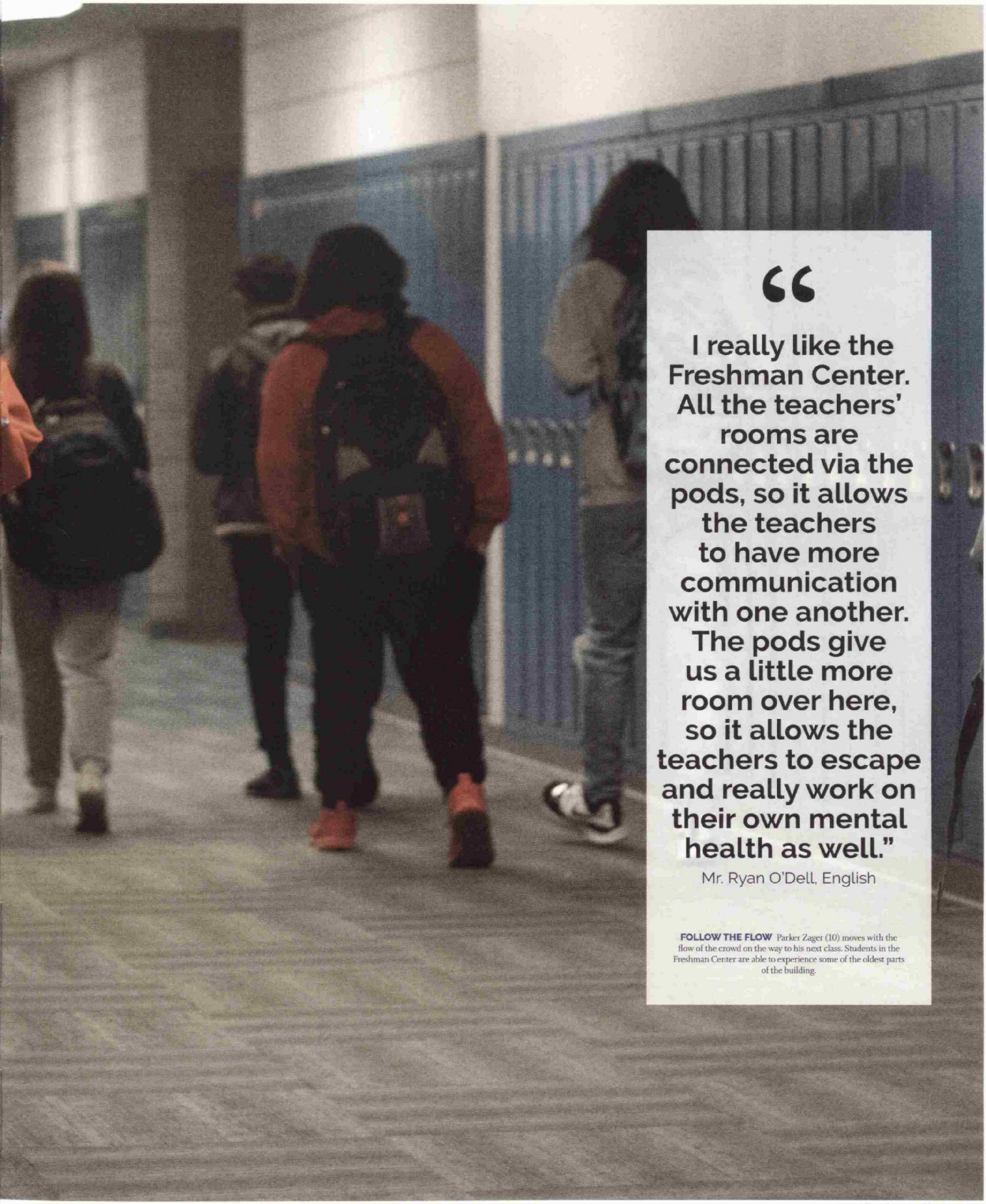


A Place to Sit

"The Freshman Center is so different because it is so quiet. It is a place that isn't so chaotic compared to the rest of the school. I feel like more people are in the wedge because more of the classes are newer compared to the Freshman Center. I feel they should let use eat over here, like adding more tables and chairs."

Alana Martinez (12)

Page By: Caleb Chen, Cori Lollis, Niya Shah and Morgan Taylor



> “I really like the Freshman Center. All the teachers’ rooms are connected via the pods, so it allows the teachers to have more communication with one another. The pods give us a little more room over here, so it allows the teachers to escape and really work on their own mental health as well.”
>
> Mr. Ryan O'Dell, English

FOLLOW THE FLOW Parker Zager (10) moves with the flow of the crowd on the way to his next class. Students in the Freshman Center are able to experience some of the oldest parts of the building.

"C" YOU IN C HALL

Finding Common Ground

"In the morning, my friends and I hang out in the corner by the doors of the wedge. I think it's just easier because in the morning we all spread out and go our different ways so [we stand] in that corner. Some people go up the stairs, some people go left, so it's the easiest meeting point."

Jillian Hearne (10)

Its Own Space

"My original room at LC was Ms. Wadycki's current room [E120]. I loved that room with its huge closet. My room now is great as I also have an office and a shared student project room as well. It is a little isolating, and I really have to make an effort to see other teachers besides the ones right next to me."

Mrs. Cyndi Hurley, Business

Far, Far Away

"I love C Hall. I'm far away from everybody, so people don't usually make it up to the C Hall unless they actually want to be up here. It's not as much traffic and not as many people and it's a long trip for administrators so they rarely come up to see me."

Mr. Kendal Smith, Science

Following the Crowd

"C Hall is so busy, but I also find myself standing there a lot just because everybody always goes there. You can see your friends in passing periods and the ones that you don't have in class. I kind of wish it wasn't so busy, but at the same time I need to get through."

Brooke Breymeyer (11)

The Quiet Area

"The C floor [is] just quieter on the second floor. It's somewhere we can all hang out without it being super crowded and busy. It's just a nice place to chill in the morning before all the traffic and the rush of LC starts."

Noelle Quiroga (10)

Time To Unwind

"You can meet up and talk about something funny that happened in the last class."

Nick Culic (12)

A Favorite Teacher

"Mr. [Ron] Fredrick is on the third floor. I go into his room after school on days we have track practice in season and it's a good place for me to be."

Cara Eklund (11)

The Center Of It All

"[C Hall is] just a focal point where all of our classes are. We meet on the second floor mainly because people have classes on third floor and first so its just in the middle. It's not as busy."

Kimberly Hestermann (10)

Keep On Walking

"[C Hall is] a place where everybody decides to stop in front of other people while blocking all of the staircases and hallways. A lot of my favorite classes are in C Hall, though."

Tyler Goncher (11)

Too Crowded

"[C Hall is] really crowded and when you are trying to get to class, everyone is always pushing each other, especially when everyone else is 20 feet tall."

Kylie Knight (9)

Page By: Taylor Anderson, Allison Potpora, Justyce Reed, Ava Solis, Elizabeth Sulek and Jordan Znosko

“I like being in the midst of where all the students are. I like being right next to the wedge. I like being able to see the students. I feel like my room is a place that a lot of people pass by, so I’m able to talk to a lot of people and converse with a lot of people.”

Mrs. Amanda Schuyler,
Social Studies

THE CLIMB Zoe Miller (12) and Erin Seliger (12) walk up the wedge stairs to go to their next class. C Hall connects all three levels. Photo By: Maisie Westerfield

"OUR PLACE" OF MUSIC

The Best of Both Worlds

"Things can get a bit overwhelming at times because I'm in three choirs and [Color] Guard. I'm definitely comfortable being myself in choir and Guard, but I feel like Guard is more of a way to express myself and choir is more of an outlet for me. In Guard, I like learning new and challenging stuff. I feel like I'm in B-hall more than my own house sometimes, so it definitely feels like home. All of the staff [in B-hall] are really sweet and they know how to handle things. They care for me in a sort of way I don't get anywhere else."

Emily Wallis (10)

All Day, Every Day

"I'm in Varsity Choir, Senior Treble Choir, Concert Choir, Bells I, Bells II, Counterpoints and Da Capo. The choir room is kind of like my home base. I don't feel like I live there, but I could with how much time I spend there. I spend on some days as much as five, five and a half hours total with Mr. Jones, [Music]. Probably my favorite part of being involved with all of the choirs is how close I've gotten to Mr. Jones. It's really cool to be someone he can rely on. He's one of the best people I know. I do all this because I'm a huge music nerd. It all starts with the fact that music is the only thing I'm actually passionate about. I hope it'll help me because I'm already starting to assistant teach. I want to be a choir director."

Kelley Williams (12)

Switching Sides

"Going from the band hallway to the choir area was different. Especially being in Marching Band, it was basically a second home because I was always in that area of B-Hall. In the choir room, it's different, because I feel like it's also a family, but I feel like I'm more open to everyone in the choir room. I did love the band hallway, especially because Marching Band was such a fun experience. I feel like the entire area I've lived in and it's all connected into one."

Jackson Lopez (11)

Singing your Heart Out

"I'm in Da Capo, which is one of the choirs after school. It's fun, it's a smaller group so you seem a little bit more connected with each member. [My favorite thing about choir and Da Capo] actually is the director, Mr. Jones. He's the funniest guy on the planet. He's so charming and I love working with him. That's probably my favorite part because I haven't worked with anyone like that before. It's cool to sing your heart out, enjoy the moments and give the audience a performance that they could remember. That's the best thing in the world."

Rocco Popovich (10)

Practice

"We need more [practice rooms] because there can be a lot of people in there, and I'm trying to practice by myself, and it doesn't work out. I play my music and practice there. I practice so my music gets better."

Kecia Pointer (9)

More than Band

"I wouldn't use the word home, but it's probably my favorite part of the school because I like playing music, and aside from the music technology class, every single band class is here. That's why I am always down here. The AP Theory class helps people who might struggle with parts of music. It's good for helping round out all your edges if you're bad at some part of music."

Benjamin Reder (12)

Aiding for Arts

"I chose to be a band aid because I wanted a free period to be where I feel most comfortable, which is the performing arts wing. It would also give me a chance to practice drumming and help Mrs. Swetlik, Preforming Arts Secretary, who is hands down the best secretary in the school. The job turned out to be a lot more time consuming and difficult than I expected, but I enjoy every second of it."

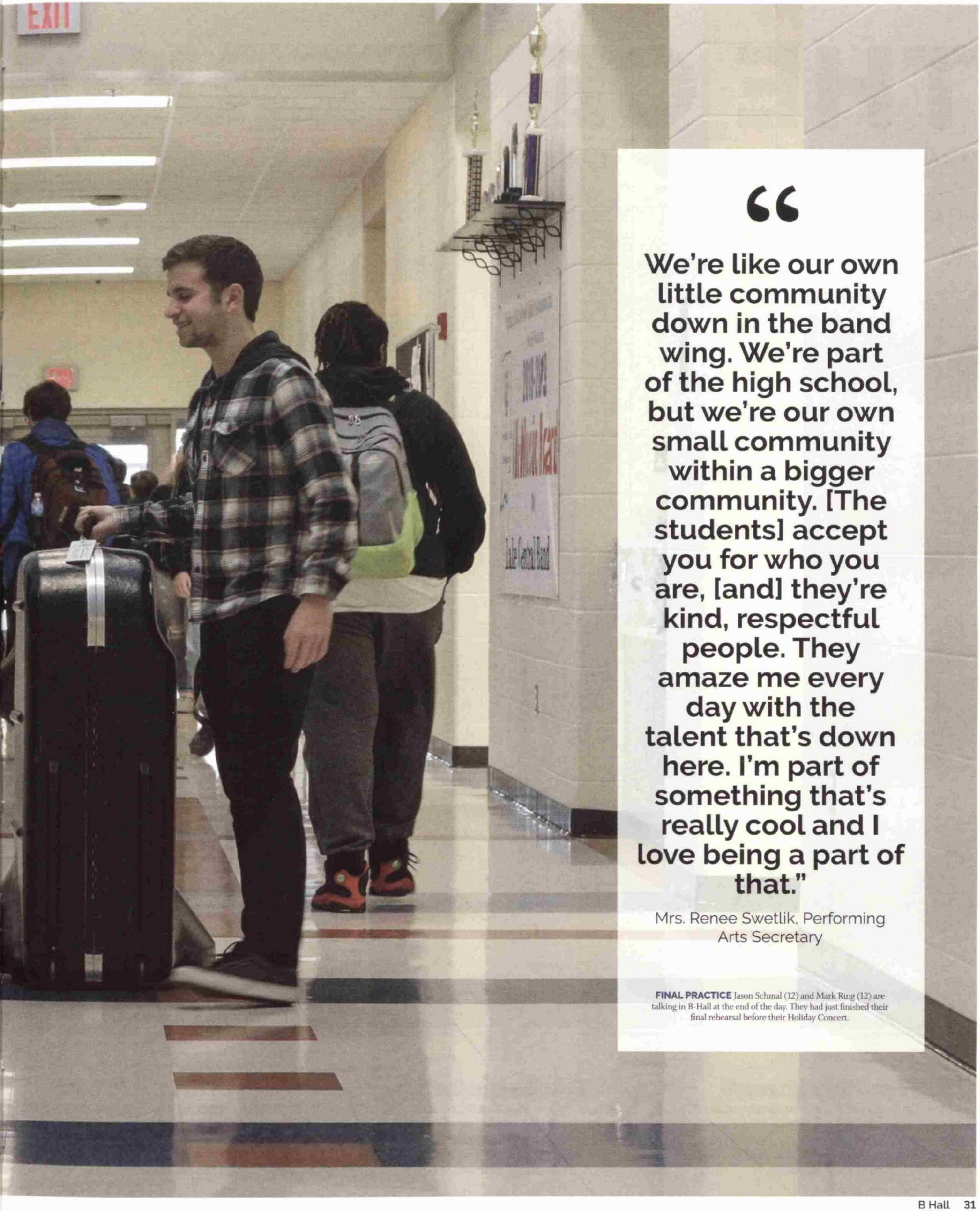
Ricardo Paz (12)

Staying in the Sound

"I don't do Marching Band, but I still wanted to play piano for something, so I thought jazz would be fun to try. All of the performances are really fun, and I like how we're a smaller group."

Amanda Massa (11)

Page By: Delanie Flynn, Jade Mehok, Jona Rivera, Brenna Sealy and Alayna Wilkening

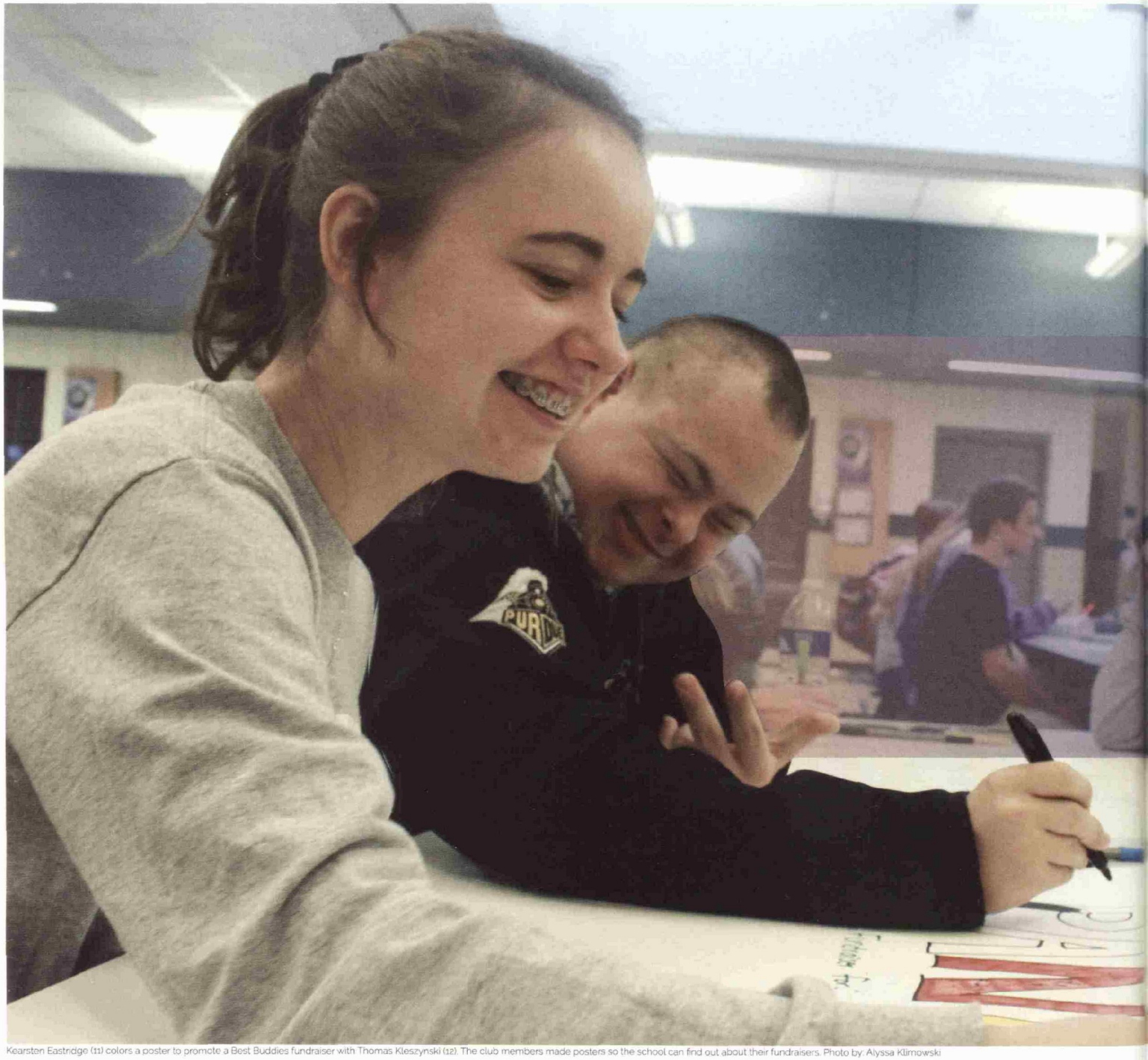


"We're like our own little community down in the band wing. We're part of the high school, but we're our own small community within a bigger community. [The students] accept you for who you are, [and] they're kind, respectful people. They amaze me every day with the talent that's down here. I'm part of something that's really cool and I love being a part of that."

Mrs. Renee Swetlik, Performing Arts Secretary

FINAL PRACTICE Jason Schmal (12) and Mark Ring (12) are talking in B-Hall at the end of the day. They had just finished their final rehearsal before their Holiday Concert.

THE CENTER OF



Kearsten Eastridge (11) colors a poster to promote a Best Buddies fundraiser with Thomas Kleszynski (12). The club members made posters so the school can find out about their fundraisers. Photo by: Alyssa Klimowski

A Common Thread

"Clubs make me more self-aware of helping people and spreading awareness. Clubs bring everyone together and make people closer through something in common."

Isabella Kandalec (9)

The Experience

"Clubs help people find others with similar interests and make new friends. Without clubs, LC would have a student body of children dissatisfied with their high school experience."

Edward Rosenwinkel (11)

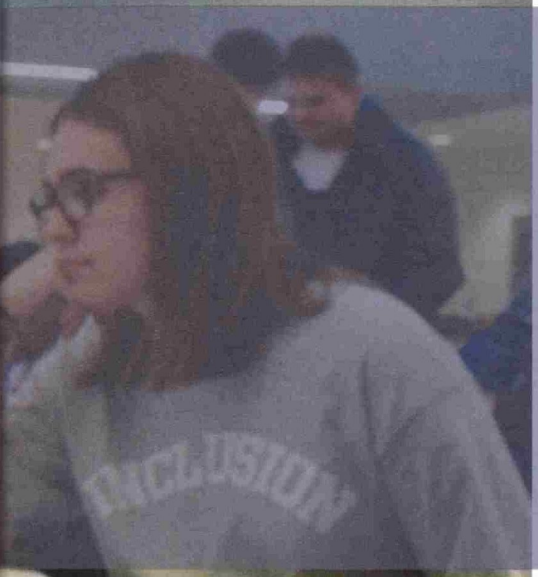
Having a Place

"I think it's cool how clubs let people who are passionate about similar things meet to pursue those interests. The ones I'm in make me feel like I have a place at LC outside the classroom."

Kayla Longfield (11)

CLUBS IS:

DISCOVERING NEW **FRIENDSHIPS**, PURSUING **PASSION**, SHOWCASING **SERVICE**, FINDING **BELONGING**, BECOMING A **LEADER** AND EXPANDING YOUR **LEARNING**.



"THERE ARE MANY DIFFERENT CLUBS SO THAT MANY PEOPLE CAN JOIN, SO THERE'S DEFINITELY A CLUB FOR EVERYONE."

Noelle Quiroga (10)

In the Know

"I'm in Freshman Class Cabinet, Student Council and French Club. I love Student Council because I love knowing what's going on and being part of decisions. I'm definitely busier than a lot of my friends, but I like it because I enjoy all the clubs that I'm in. They are what make my day interesting and fun. I've had a passion for a lot of these clubs in middle school and I chose to continue pursuing them in high school. I've found a lot of my friends and a lot of good groups of people."

Joanna Kouros (9)

All Are Welcome

"I am in NHS and Freshman Peer [Mentoring]. Since I am the secretary for NHS, I enter in hours for all of the members involved. For the Mentorship program, our biggest event is Freshman Rush. Clubs give me more responsibility so I know when I have a meeting. I think clubs just bring everyone together because you have so many different types of people in clubs and it really doesn't matter who you are, what your money is, what gender you are, just everyone can participate."

Miranda Prowse (12)

Making Friends

"I'm in Freshman Class Cabinet, French Club, and Art Club. I think that clubs are the center of LC because anybody can join them and they're a great way for people to make more friends."

Jaylian Perez Santos (9)

Role Model

"Clubs allow me to display my leadership skills. I think clubs allow students to be a part of something and feel good about being able to contribute to the school."

Molly Nordyke (9)

Pursuing Passions

"I'm the president of the Chemistry Club. We do a wide range of labs and try to get kids familiar with the subject. I want to pursue a Chemistry career later, with college and stuff."

Jason Finley (12)

You've got a FRIEND IN ME

WORKING TOGETHER MYA BELL (12) WORKS WITH BEST BUDDIES STUDENT DANIEL HERBST (12) BY PUTTING TOGETHER AN ARTS & CRAFTS PROJECT. PHOTO BY: MIA BORN

Designing Friendships

Students in Robotics are asked whether their club forms long-lasting relationships with its members.

*poll out of 12 Robotics Club students

Page By: Mia Born, Allison Irace, Eden Schilling and Nitya Shah

FRIENDSHIP IS KEY FOR WINNING IT ALL

Science Olympiad is an interactive club where students are able to come together and build models using new techniques they learn in the classroom. Since the group spends so much time together, they're able to bond and form long-lasting friendships.

"We're in [the classroom] literally every day after school. It becomes a really tight-knit group and we become really close friends. Everyone in here has other outside interests, so it becomes really diverse, and it's just really fun and we all become best friends," Mallory Gagliardi (12) said.

The students also have to work together on many projects to achieve the same goal of completing an assignment.

"Science Olympiad always includes teams, so that means there has to be some sort of teamwork. Sometimes we talk about more personal stuff, so it forms friendships," Jack Schilling (11) said.

Science Olympiad is one of the many clubs where long-lasting friendships can be formed. By working multiple days a week with one another, students are able to bond for long periods at a time by working towards a common goal.

"I believe [Science Olympiad] is useful to my future. I think it will prepare [me] with life skills, social skills, knowing how to get my information out there, knowing how to use the information that I receive and doing greater things in life," Schilling said.

2. HANDS ON Emma Kritenbrink (11) joins Best Buddies students in making arts and crafts. Working with these kids helps form long lasting relationships. "Friendship is important to have in Best Buddies because you create a bond between you and your buddy, and it's fun," Kritenbrink said. Photo by: Mia Born **3. FOLLOWING DIRECTIONS** Hayley Mation (12) and Maddie Bailey (12) add ingredients as they make cookies in Environmental Club. This club is all about helping the environment and making it a better place. "I like how Environmental Club brings awareness to the environmental problems we face in our world," Mation said. Photo by: Isabella Brazzale **4. ALL FUN AND GAMES** Students pair up and begin to play games to take a break from their work. These activities after school were a way for students to interact with one another. "History club was a great experience for me to meet new people. I didn't get too many chances to do so last year, so I've had a fun time," Auror Alvarez Hanson (10) said. Photo by: Kelly Hayes **5. SAY CHEESE** Jovana Emerick (9) and Ellie Planert (9) laugh and joke around while baking cookies for Environmental Club. The students get together after school and work together to make food. "This activity has really helped me to work with others and communicate," Emerick said. Photo by: Isabella Brazzale

HOW DOES BEST BUDDIES FORM FRIENDSHIPS?

"I think it forms friendships because it's an opportunity for the buddies and club members to feel like a family."

GWEN SCHILLING (10)

"I think working with kids with special needs humbles you and helps you to realize that everyone is different in so many ways."

KATE WOJCIECHOWSKI (10)

"I think working with special needs kids forms friendships because everytime you and your buddy see each other it puts a smile on both of your faces."

JERAMIE GOMEZ (11)

"Working with the special needs [students] forms friendships from showing each other how their worlds are different from ours, but also how similar they are."

BRIANNA BATINIC (10)

"It's very enjoyable and easy to build friendships because most of the kids are happy and very excited around people, and they just have the biggest hearts."

GABE HABERLING (12)

Front & Center

TENLEY EDVARDSON (11)

What is Dollars for Scholars?

"It is mainly a service based club, meaning we do a lot of volunteer and fundraisers for the club. When you are a senior you can 'apply' for a scholarship."

How has this club helped you build friendships?

"I think when we go in groups to volunteer you talk and get to know those people and you then make friendships with them."

Do these friendships extend outside of the club?

"Some of them last outside of the club it just depends on how close you are with someone and if you want to keep that friendship going."

WHY ARE YOU **IN** THE CLUB THAT **YOU** ARE IN?

"I started [Gay Straight Alliance] because I wanted a safe space for LGBTQ students. If I can help out just a few kids once a week then it's worth it for me."

IAN BUTLER (12)

"Being in WISE has given me an inside look into different kinds of career paths, including all types of engineering, medical fields, or psychology."

LAUREN GALOCY (10)

"I've always had a strong interest in medicine, and I felt that Future Medical Professionals would be a good avenue to learn more about the field. I want to go into"

CONNER KAURICH (12)

"N-Teens helps you grow as a person and as a part of the community. I feel that it's really important for high schoolers to want to help people out in any way they can, because helping can make you feel really good about yourself."

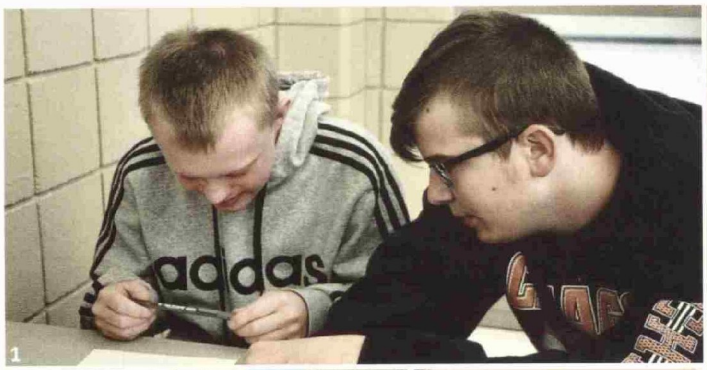
YARA HIJAZ (10)

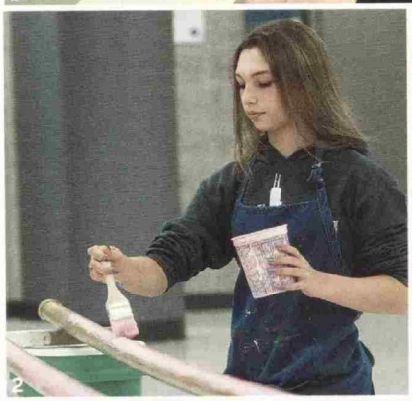
"For me, Debate Club really helps with communication and respect. Even if you know [your opponent] is wrong, you can't attack them. It's not about winning or confrontation, it's about seeing a dispute from another angle."

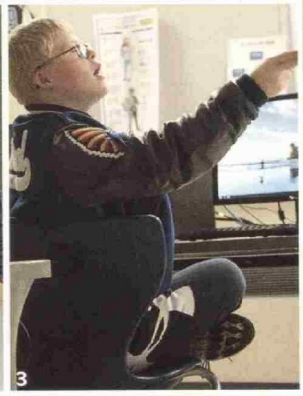
CLAIRE LAVOIE (11)

> *"This club is going to help me navigate through the future and my job in nursing by learning how to communicate."*
>
> **ELIZABETH HABERLING(12)**

THE SPREAD OF INCLUSION. ELIZABETH HABERLING (12), PRESIDENT OF BEST BUDDIES, POSES AGAINST A WALL OF DECORATIONS FOR HOMECOMING WEEK THAT THE CLUB MADE. THE INDEX CARDS GAVE STUDENTS POSITIVE MESSAGES TO READ THROUGHOUT THE SCHOOL DAY.







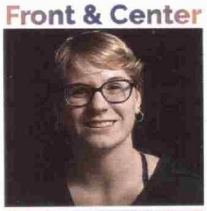
1. BEST BUDDIES BOND Cole Thompson (11) asks for help on a project in Best Buddies. Dylan Biter (9), his fellow peer helped Thompson with his reading to build his life skills. "[Being in Best Buddies] is like making lifelong friends. This also gets more attention to our amazing special needs program and open the doors to great opportunities," Ava Orueta (11) said. Photo by: Mia Born **2. PHYSICAL SYMBOLISM** Anastasia Zervos (12) helps paint flagpoles for art club. The flagpoles stand in front of the school as a symbol for Breast Cancer Awareness month. "I think it's important for everyone to help for Breast Cancer Awareness Month no matter how small the deed is," Zervos said. Photo by: John Nick Sanchez **3. AVID PARTICIPATION** Zachary Millard (11) is participating in the American Sign Language club. Millard signed "finger spell" as the members were going over there basic vocab as a group, to use later on in life. "Being the president of asl has been such a un and rewarding experience." Delanie Flynn (12) said.Photo by: Hailey Prasopoulos **4. COMMUNITY DECISIONS** N-Teens members listen closely while making decisions for Winter Formal. They later laid their heads down to make a vote on what party favors they should get. "There are a lot of high schoolers in it [N-Teens] who really care about helping a lot of small community groups and events," Yara Hijaz (10) said. Photo By: Jeanoa Cameron

What is the Purpose of Being in a Club?

Members of different clubs were polled about their reasons for joining.

*poll out of 337 students

Front & Center



PAIGE BAKKER (12)

What are some things you do in the club?

"We usually talk about issues in the environment and what little things we can do to help. Some days we go outside and clean up."

What environmental issues areyou passionate about?

"One issue for me is that some people don't realize how their actions, like throwing trash on the side of the road, can negatively affect organisms."

How do you feel this club will impact the school?

"I think this club can help educate students and positively influence students to make a change."

Page By: Jeanoa Cameron, Brenna Pelovina, Hailey Prasopoulous and Ava Solis

Say 'Hello' to NEW FUTURES

SIGNING FOR A REASON TATUM MURAWSKI (12) SIGNS "HELLO." SHE JOINED AMERICAN SIGN LANGUAGE CLUB TO UNDERSTAND PATIENTS IN HER FUTURE NURSING JOB.

DEDICATION

AND MOTIVATION IS KEY

Nicole Rytczak (12) is the president of the Student Council. She volunteers and dedicates her time to the community, using it to propel her in her future career.

"Right now, I'm juggling between wanting to major in biochemistry or architecture. In terms of my career, I think that Student Council will help me, because it has allowed me to grow into a person who loves leadership," Rytczak said.

Rytzcak has learned many lessons from being in Student Council, and will apply them to future careers, according to Rytzack.

"I think that [Student Council] has made me more appreciative of the opportunities that I have, and it's made me a more considerate person. I've realized that it's a privilege that I can help people who are financially struggling, and I'll follow with that mentality through life. The club has really opened my eyes to the extremely different ways of living in an area as small as Northwest Indiana, and it has inspired me to keep touching the lives of others," Rytczak said.

WHAT DRIVES **YOU** TO DO COMMUNITY SERVICE?

"I've always thought it was important to give back to the community and help others who can't help themselves."

IAN GABBERT (10)

"The thought of making someone else's day in whatever I'm putting my time towards is rewarding."

CAMERON GONSIOROWSKI (11)

"I know that people don't deserve to go through hard times, so helping people makes me feel like I'm making a difference."

ALEXA CALONIA (12)

"I like the social interactions and meeting new people. Helping them makes me feel really good."

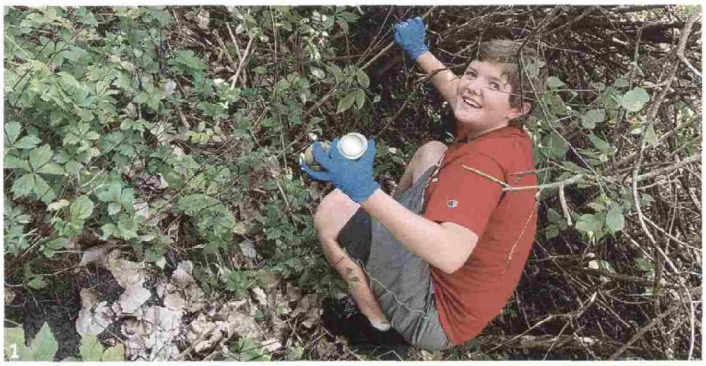
EMILY DAHN (11)

"I serve my community, because I believe it is my responsibility to make a positive difference and impact the future."

KOREY MARLOW (12)

> *"THE BEST PART OF BEING IN NHS AND VOLUNTEERING IS THAT I AM ABLE TO GET SO MUCH EXPOSURE TO DIFFERENT COMMUNITY AND CULTURAL ASPECTS."*
>
> **MAGGIE DEPIRRO (12)**

NATONAL HONORS SOCIETY MAGGIE DEPIRRO (11) AND MISS RHONDA YORK, ENGLISH, FILE NEW NHS APPLICATIONS. DEPIRRO, THE VICE PRESIDENT OF THE CLUB, WILL HELP TO INDUCT NEW MEMBERS INTO THIS SERVICE CLUB.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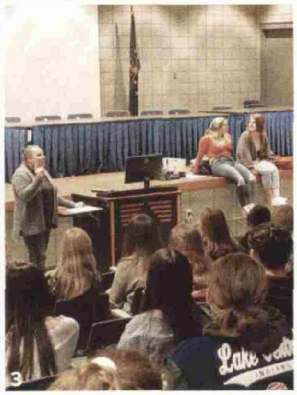
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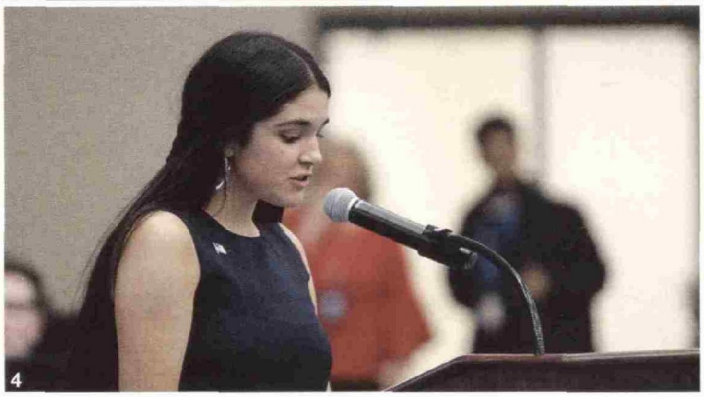
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1. ANGELS THAT HELP Kaya Blankenship (9) helps to pick up trash at Environment Club. The club cleaned up the cross country trails. "I liked picking up trash because it felt like I made a difference in the enviornment and at the school," Blankenship said. Photo by: Emily Bell **2. TRICK OR TREAT** Jackson Novak (10) hands out candy to younger students at Ghouls at the School. Dollars for Scholars puts this event together and high school students volunteer. "I do community service because I like to help the community out in any way I can and I like to help people out," Novak said. Photo by: Alayna Wilkening **3. NEW NHS MEMBERS** Miss Rhonda York, English, welcomes the new members of NHS. The meeting consisted of going over requirements and learning about the induction ceremony. "I wanted to join NHS [to] help give back to the community," Claire Lindborg (11) said. Photo by: Molly Tkach **4. PASSIONATE SPEAKER** Katarina Nikolovski (12) speaks at the Veteran's Day assembly. She is the president of History club,and was the Master of Ceremonies at the assembly. "I have always had a passion for helping others. Maybe it is who I am or how I was raised, but knowing that I have the opportunity to make things better in my community or someone's life is personally rewarding and drives me to do more," Nikolovski (12) said. Photo by: Jade Mehok

What place would you prefer to volunteer at?

We asked students where they would rather voulenteer at if given the opportunity.

*poll out of 398 students

Front & Center

MRS. KRISTINA COLLARD, ENGLISH

How does N-teens give back to the community?

"They volunteer their services at many different places. We're going to adopt 5 kids from Angel Tree and we are going to donate money from Winter Formal to Riley's Children Hospital."

What opportunities come with being a part of the club?

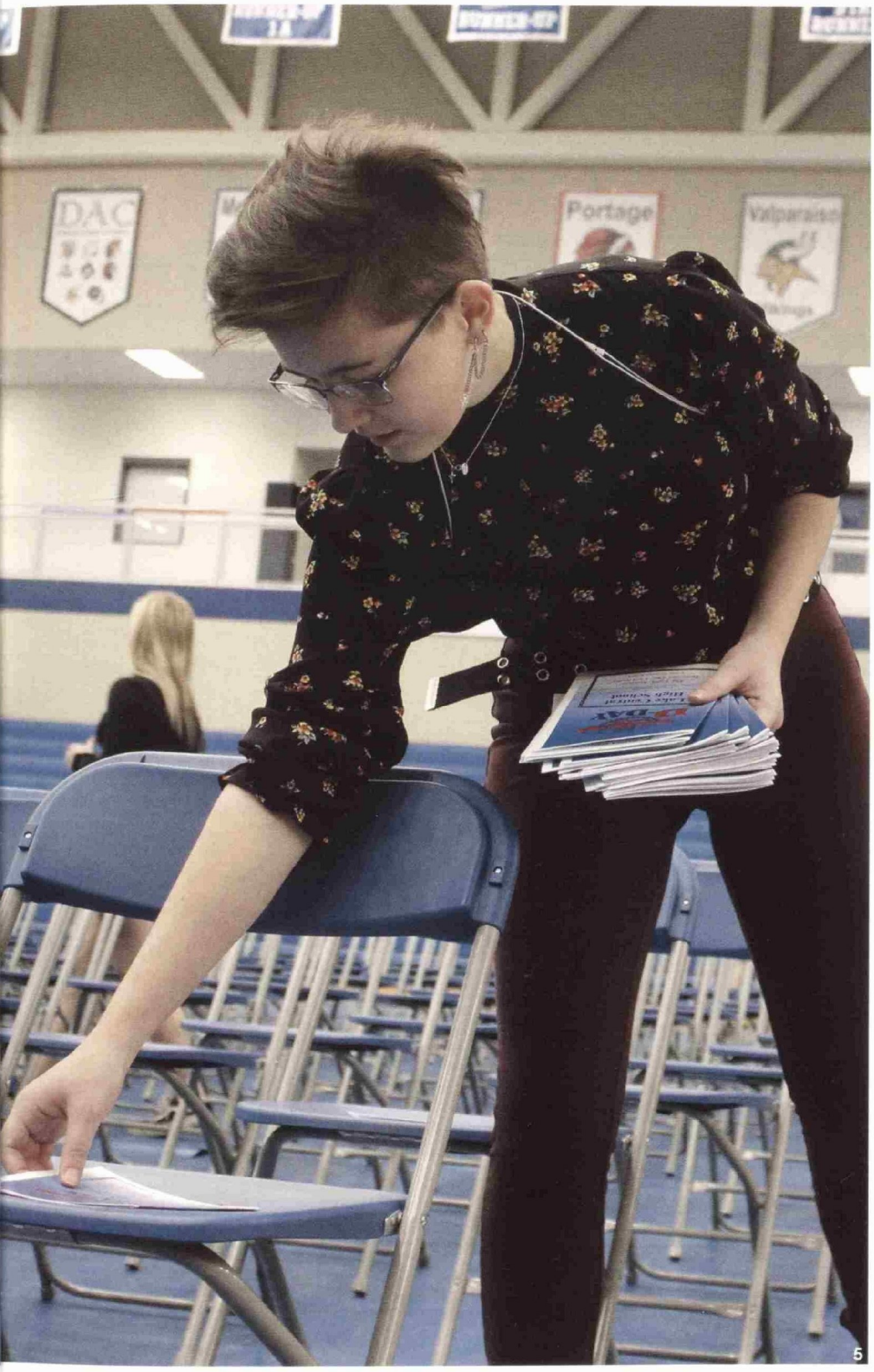
"N-teens is a social and service club, so socially you're making decisions for the dance and you're giving service to your community."

How do you feel knowing that you are giving back to the community?

"This is really nice that people are thankful for the service that these kids are going out and doing. They learn about themselves and they get to help others while they do it."

Page By: Delanie Flynn, Jade Mehok, Annaliese Nelson, Josareene Rivera Brenna Sealy

Lending A HELPING HAND



GETTING WITH THE PROGRAM
EMILY SANNITO (11) PLACES PROGRAMS ON SEATS FOR VETERANS. SHE WAS ONE OF THE HISTORY CLUB STUDENTS THAT COORDINATED THE VETERANS DAY CONVOCATION. PHOTO BY: HANNAH KOSINSKI

CLUB MEMBERSHIP REQUIREMENTS

SERVICE

20 HOURS OF SERVICE REQUIRED FOR NHS MEMBERS EACH SEMESTER

30 HOURS OF SERVICE REQUIRED EACH YEAR FOR N-TEENS

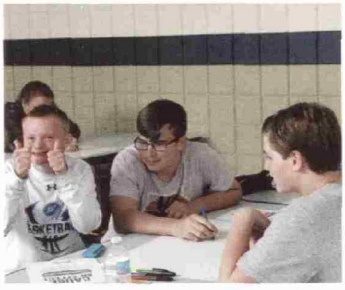
3.33 THE GPA THAT STUDENTS MUST EARN TO BE IN NHS

3.9 THE GPA THAT STUDENTS MUST EARN TO BE AN ACADEMIC LETTERWINNER

Home Away From **HOME**

TOGETHER AS ONE MEMBERS OF THE GAY STRAIGHT ALLIANCE LISTEN TO THE LEADERS. THEY DISCUSSED WHAT NEEDED TO BE DONE FOR THAT DAY'S MEETING. PHOTO BY: BAILEY EGAN

> *MY FAVORITE PART IS INTERACTING WITH THE KIDS AND LEARNING ABOUT THEM. SEEING THEIR SMILES ON THEIR FACES JUST MAKES MY DAY.*
>
> **MADELINE BUGG (11), BEST BUDDIES**



THUMBS UP, COLE THOMPSON (10) SMILES AND GIVES TWO THUMBS UP. THE MEMBERS OF BEST BUDDIES HELPED DECORATE THE CHIPOTLE FUNDRAISER POSTERS.

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HOW DOES YOUR **CLUB MAKE YOU** FEEL LIKE **YOU BELONG?**

"I think it's just because I'm such an artsy person that I feel like it's very welcoming to me, and everyone there is very welcoming."

ANTONIA ALEXIOU (10), ART CLUB

"We all have that bond over science, and we want to learn more about it. We also have guest speakers come, so you relate to them."

DYLAN GRZYCH (10), WISE

Page By: Taylor Anderson, Bailey Egan, Emily Prince, Justyce Reed, Nitya Shah and Elizabeth Sulek

Front & Center

GENELLE SNIDER (11)

What's your favorite part about theater?

"I love walking in and knowing that I get to be apart of it. Everything else in the world doesn't matter. My heart's full whenever I enter the room. [blackbox]."

How do you write your scripts for theater?

"In the script I add small things from our personal lives or things that are meaningful to me or the actors."

Describe the bond in theater?

"Instead of [Theater] being just another club or a class, it's more like a family. We all have different backgrounds, we all take different classes and have different friends."

CLOSE KNIT CLUBS

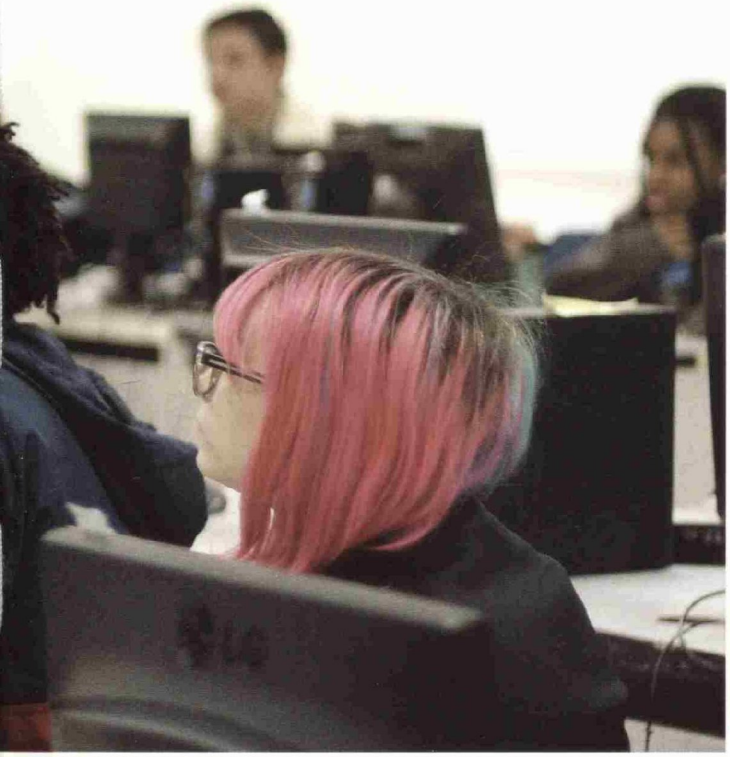
TAKE A LOOK INSIDE

14 MEMBERS IN THE IN THE COUNTERPOINTS PROGRAM

30 PARTICIPANTS IN THE GAY STRAIGHT ALLIANCE

120 APPROXIMATE NUMBER OF STUDENTS IN THEATER

16 MEMBER APART OF THE TREBLEAIRES PROGRAM IN CHOIR



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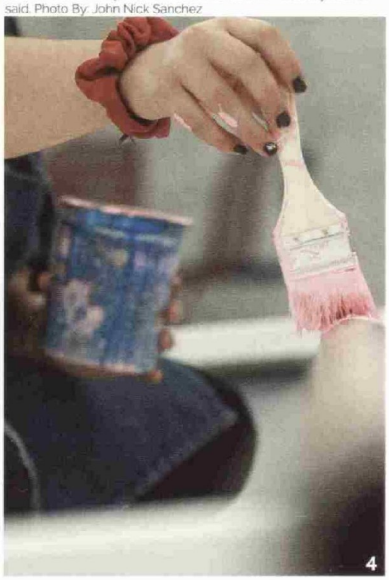
2. THE PERFECT COLOR Yianni Kouros (12) paints the Pillars of Hope. This activity took place in October for Breast Cancer Awareness month. "We painted the breast cancer poles, because it's an important thing. It affects a lot of families and it's a good cause to paint the poles for," Jacob Sues (10) said. Photo by: Adriana Rodriguez **3. HELPING OUT** Alyssa Klimowski (11) helps write the Chipotle fundraiser posters. This meeting was held on Oct. 1. "I've been apart of Best Buddies for 2 years. You get to meet new friends. It's normal. There's nothing different about it [the relationship] between kids," Madeline Bugg (11) said. Photo By: Colleen Dyra **4.WINTER RUSH** Students in the N-teens club, raise their hands as they hear the choices between hats or mugs for the winter formal party favor. Mugs were chosen as the winning vote. "[Formal Dance] I like seeing it all come together in the hall on the day of. It's really neat," Mrs. Kristina Collard, English, said. Photo By: Justyce Reed **5. STAY IN THE LINES** Students from Art club paints the Pillars of Hope. This took place on Oct. 3. "[Art Club] I've made new friends, and I've actually done stuff out of class that I normally wouldn't do at home." Foivi Triantafyllou (12) said. Photo By: John Nick Sanchez



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Part of a Whole

We asked students whether or not they are involved in a club.

*poll out of 379 students

"[This club] has given me a lot more friends and people I can trust, and also they can trust me. It's made me a bit more confident."

THYME WASHINGTON (10), GAY STRAIGHT ALLIANCE

"We do stuff together, we have to make decisions together, and we all have to be on the same page."

VICTORIA OLABINTAN (9), DOLLARS FOR SCHOLARS

"It's all very personal, we all have very personal stories, that is why we do, and why we enjoy it so much, and why we keep doing it."

BROOKE-LOGAN GARCIA (11), THEATER

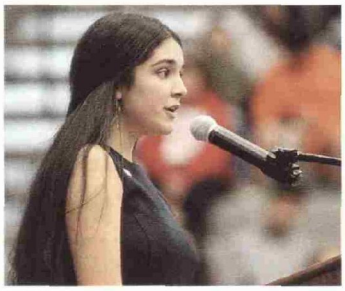
"We have really long bus rides, and throughout the year we become really great friends."

ELI COOK (10), MARCHING BAND

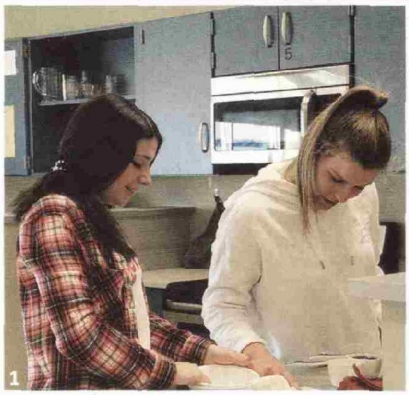
Showing Some LEADERSHIP

SEEING STARS ETHAN PINARSKI (12) DEMONSTRATES HOW A TELESCOPE LENS WORKS. PINARSKI LEADS ASTRONOMY CLUB'S DISCUSSIONS AND MAKES SUGGESTIONS FOR FUTURE MEETINGS. PHOTO BY: MORGAN TAYLOR

> *"THE SCHOOL LOOKED BETTER THAN IT HAS EVER LOOKED BEFORE."*
>
> **KATARINA NIKOLOVSKI (12)**



PROUD PLANNING KATARINA NIKOLOVSKI (12) SPEAKS TO STUDENTS AND THEIR VETERANS AT THE VETERAN'S ASSEMBLY ON FRIDAY, NOV. 8. NIKOLOVSKI HAD BEEN PLANNING THE ASSEMBLY SINCE HER FRESHMAN YEAR.



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WHAT **HAS** LEADING A CLUB TAUGHT **YOU?**

"Leading Chess Club has taught me how to lead a team. I have to think about how to make it fair for everybody involved in different grade levels."

AUSTEN REX (12)

"I think leading a club is beneficial in the future to have a service-oriented mind and being able to get more involved in the community."

KIMBERLY HESTERMANN (10)

Page By: Annika Gorney, Lita Nighbert, Ava Solis and Morgan Taylor

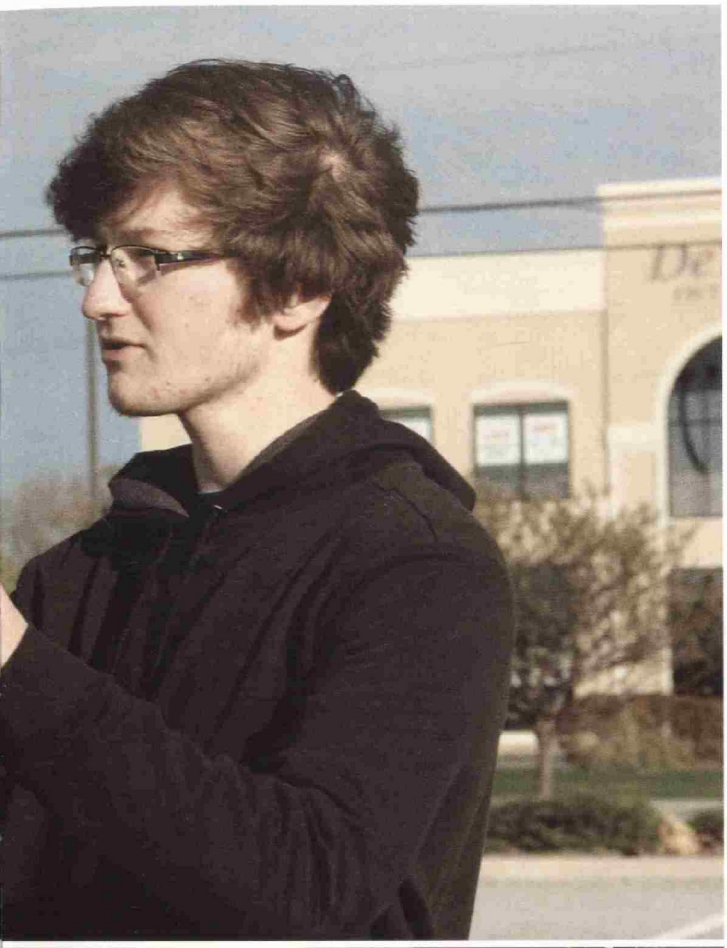
LEADERSHIP HELPS STUDENTS STAND OUT

Leading a club can offer students the opportunity to learn new skills and gain experience they can carry with them throughout their futures. Ethan Pinarski (12), the leader of Astronomy Club, reflects on how he gained his position.

"I talked to Mrs. Katherine Rachowicz, [Science], after school a couple of times to get to know her since I was the only returning member. I knew how to use a telescope already and I was more experienced in astronomy, so it came natural that I get the position," Pinarski said.

As the leader of a club, students are able to experience things hands-on while being in the higher position. For Pinarski, leading Astronomy Club has allowed him to interact with other members of the club and make new friends along the way.

"The thing I like about leading astronomy club is the interaction I get with my fellow peers and with the club sponsor. I've only had a few friends in the past that are interested in astronomy, and now I'm surrounded by people who maybe are more knowledgeable than I am. It's nice to learn from each other," Pinarski said.



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To Lead or Not to Lead

Students give their opinion on whether or not leading a club is beneficial to a student's future

*poll out of 317 students

1. BAKING FOR CHANGE Hayley Maton (12) and Madeline Bailey (12) read baking instructions during Environmental Club. Maton, Vice President, and the club made vegan cookies to promote different diets. "QUOTE" Matlon said. Photo by: Isabella Brazzale **2. SHOWING SUPPORT** Ava Orueta (11) enjoys a meal with her family at the Best Buddies fundraiser. Orueta went to support as an officer of the club. "I feel that through outside activities like this, the students feel closer to their buddies and others in the club because it isn't seen as some forced school participation. It is more of a real bond between buddies and their peers," Orueta said. Photo by: Luke Hamilton **3. LENDING A HAND** Mya Bell (12) is drawing a hand turkey with a fellow Best Buddies member. Bell said she is always having a good time helping out others in Best Buddies and has learned a lot about what it means to be a leader and how to be a good one. "Clubs have always taught me kindness, understanding and friendship with other officers and club members," Bell said. Photo by: Annika Gorney **4. BECOMING A LEADER** Delanie Flynn (12) demonstrates in the American Sign Language (ASL) club. This is Flynn's first year leading the club. "It is cool, it is different. I have never done anything like this, so being able to do something like this is interesting," Flynn says. Photo by: Annika Gorney

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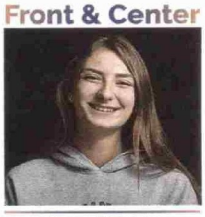
Front & Center



PAIGE COVELLI (12)

What are your responsibilities as leader?

"My job as senior president [of WISE] is to set up field trips to U.S. Steel and Chicago. I also set up the science days where we go to the middle schools and teach science labs."

What do you like about leading WISE?

"Everyone in there is amazing and it's so fun to see everyone get really into science and bond over it. It's been really fun meeting new people and taking a higher position within my community."

What has leading WISE taught you?

"Leading WISE has taught me how to compromise with people as well as how to talk to people with different opinions and ideas."

"Leading a club is a lot of responsibility since I have to make all my plans. I've never done anything like this so being able to lead a club is really interesting."

DELANIE FLYNN (12)

"Leading a club has taught me how to be inclusive. I've compromised and altered my plans to include as many people as possible."

NICOLE RYTCZAK (12)

"Leading a club has definitely taught me to be more responsible because I'm helping lead others to their future. I get to help others, which I love."

JULIE WASYLIW (11)

"Being a club organizer has taught me how important communication is when working with my peers and I'm open minded to their ideas."

KATARINA NIKOLOVSKI (12)

WHAT DO THEY **TEACH IN YOUR CLUB** THAT SCHOOL **DOESN'T?**

"We can express feelings, but we know how to write it on paper form, and it also develops our writing skills more than what regular English does."

ELIZABETH SOLIS (10), DEBATE CLUB

"You give back [to the community] too but also realize there are so many more people that want to achieve the same thing, and you help each other."

DOMINIQUE VARGAS, INTERACT CLUB

"You get to see other people who love science, and you get to be with them and talk to them about it."

EMILY LOPEZ (10), WISE

"It shows me what I can do once I am done with school, to further the career I want to have in the medical field."

JENNIFER TULSIAK (11), FUTURE MEDICAL PROFESSIONALS

"It gives leadership experience, and it also helps with teamwork, because there's five officers, and gives me organization skills."

KAYLA LONGFIELD (11), ACADEMIC LETTER WINNERS

"I'm taking French, and it expands upon what we learn in class. I've never been in a competition before so I wanted to try [Science Olympiad]."

THAO NGUYEN (11), SCIENCE OLYMPIAD

> *"IT CAN REALLY HELP YOU LEARN MORE AND SHOWS HOW COLLEGE CAN AFFECT WHAT YOU HAVE THE OPPORTUNITY TO DO IN THE FUTURE."*
>
> **ANEESH PODDUTUR (11), FUTURE MEDICAL PROFESSIONALS**

STUDY SESH STUDENTS PAY ATTENTION TO MRS. KATHERINE RACHOWICZ, SCIENCE, AT THE ASTRONOMY CLUB MEETING. THEY LEARNED ABOUT ORIONID METEOR SHOWER. PHOTO BY: BRENNA SEALY

EXPANDING LEARNING

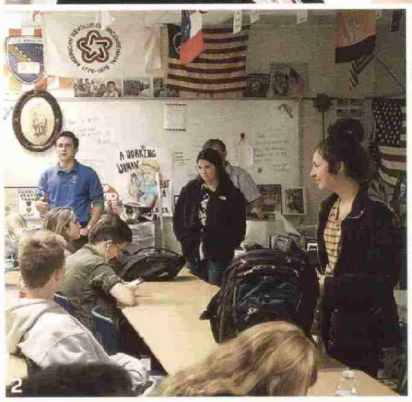
LOOKING AHEAD

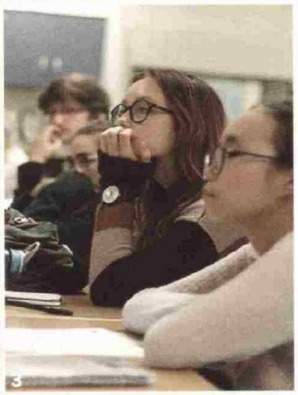
50 PARTICIPANTS IN INTERACT CLUB

55 THE AMOUNT OF STUDENTS IN SCIENCE OLYMPIAD

95 MEMBERS IN WOMEN IN SCIENCE AND ENGINEERING

102 MEMBERS IN FUTURE MEDICAL PROFESSIONALS





1.REACH FOR THE STARS Mrs. Katherine Rachowicz, Science, holds up a telescope at an Astronomy Club meeting. Rachowicz is trying to get an astronomer to skype with the group. "I think anyone can enjoy it if you just have enough patience and have even the slightest drive to learn about space or telescopes or anything in our solar system," Ethan Pinarski (12) said. Picture By: Brenna Sealy **2. GETTING READY** Members of the History Club gather in Mr. Tom Clark's, History, room on Oct. 11th. During this meeting, their main focus was the upcoming Veteran's Assembly. "I feel like I have learned so much about history and understand more about veterans now," Jacob Chen (11) said. Photo By: Lilliana Schroeder **3. CHECKMATE** Students listen to Mrs. Rachowicz' instructions at their meeting in her classroom. Mrs. Rachowicz posted extra information on Canvas for the students to look at. "This year I have become the club officer and leader, so it's forcing me to have to open a bit more and try leading a group, which I've never done before," Ethan Pinarski (12) said. Picture By: Brenna Sealy **4. LEARN YOUR ABCS** The American Sign Language Club practices the alphabet on Sep. 4. The meeting was held in the library. "American Sign Language could be very useful at any time you have to communicate with a deaf person and it could really help someone if you know it," Foivi Triantafyllou (12) said. Photo By: Justyce Reed

Front & Center

AUDREY DIFILIPPO (11)

What does Future Medical Professionals do?

My club hosts employees from the medical field at Lake Central and they give presentations on what their job consists of. We also volunteer at many medical buildings.

Would you recommend this club?

Yes, I would. Even if you have no interest in being a part of the medical field, you gain a lot of knowledge of everyday medical experiences that can help you in the future.

How does this affect your future?

In the future, I want to be a part of the medical field and specifically help children live better and healthier lives. This club exposes me to different ways I can approach that.

Page By: Mina Cardenas, Hailey Prasapoulos, Alexandria Rigg and Nitya Shah

Going Beyond THE BOOKS

CHECKMATES STUDENTS CROWD AROUND THE CHESS CLUB TABLE DURING THE CLUB FAIR ON SEPT. 4. WITH EVERYONE FOCUSED ON THE NEXT MOVE, THEY WAITED AND ANTICIPATED THE OUTCOME OF THE GAME.PHOTO BY EMILY BELL

A WORLD OF POSSIBILITIES

Many of the school's clubs offer additional knowledge that students cannot find in the everyday classroom. These clubs can teach members about different career paths and can broaden their horizons in their field of interest.

"[In WISE] I learn what different careers will expect of me and I get advice about college," Juliann Rymarczyk (11) said.

For those of that are unsure of what career they want to go into, they can learn about different jobs that may interest them.

"[Future Medical Professionals] makes me learn more about the medical field and I am thinking about leaning toward a profession in the medical field, and it is a good base to start from," Aneesh Poddutur (11) said.

Academic clubs like WISE, Astronomy and Future Medical Professionals, help students prepare for their futures and open their eyes to what different careers hold for them.

"It establishes more views of life because we learn about the things in school, but we don't learn how it applies to the real world," Audrey DiFilippo (11) said.

Page By: Kelly Hayes, Alyssa Klimowski, Ryan Meredith, Nysa Shah and Mrigata Vidan

OFF CENTER

For some students, clubs are more than just another extracirricular activity

Papers Not Yet 'Signed'

For a club to be official there has to be a teacher signed on as an advisor, but there are unofficial clubs run by students

Clubs can be a big part of a school community, and some clubs may stick out more than others. Some students do clubs to learn more about things that interest them or that they don't directly learn in class. Members have stated that this is what motivated students to create the Sign Language club.

"Sign Language club deserves more recognition. The club is going to make it easier to communicate with others. We're just going to the meetings as much as possible and spreading the word about it to others. It's a pretty fun club to be in. Everyone's really nice and welcoming," Anastasia Zervos (12) said

> **"I WISH I COULD'VE DONE IT SOONER BECAUSE LEARNING SIGN LANGUAGE IS A VERY IMPORTANT THING TO DO."**
>
> **HONEY NILSON (12)**

However, the Sign Language club is fighting for a club title. With over 10 members so far, the club is still fighting for their papers to get signed by an adviser. Most official clubs are lead by the advisers that sign on, but Sign Language club is completly student run.

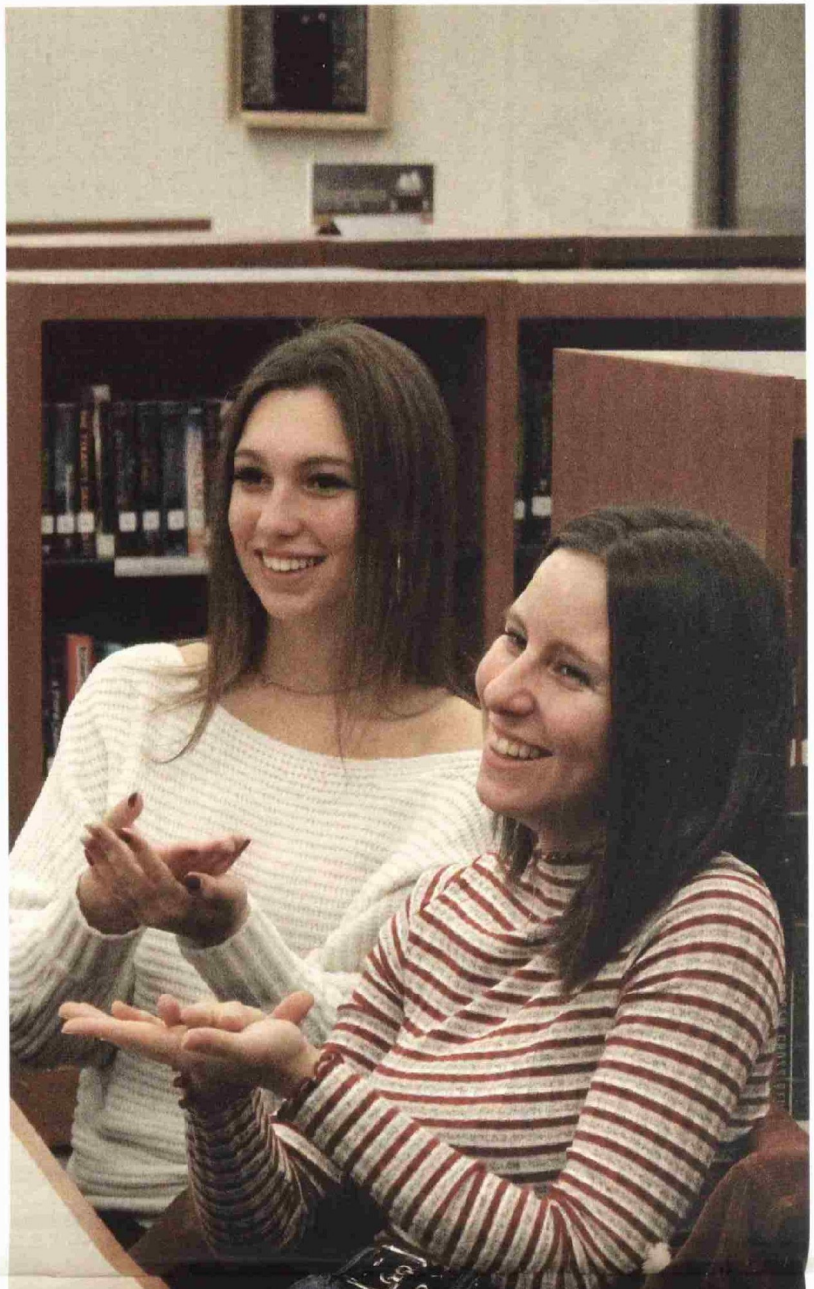
"We're not that known yet. We have other clubs, we deserve a sign language [club]," Foivi Triantafyllou (12) said.

Students who want to learn sign language have the option of learning it online, but the Sign Language club allows students to learn the language in person and benefit from the human-to-human interaction.

"I always wanted to take the class, because I wanted to learn sign language, so now that there's a club for it, it gives me the opportunity to learn it without spending a lot of money," Honey Nilson (12) said.

Students who chose to join the club will be able to learn new skills that allow them to communicate with other people. The deaf community doesn't have the luxury of communicating with everyone besides reading their lips. This club is a free and quick way to showcase skills.

"There's a lot of people who have trouble hearing or are deaf, and I think you can really impact someone if you know how to [sign]," Triantafyllou said.



SIGN OF A SMILE. Foivi Triantafyllou (12) sitsat one of the librarty's tables during one of ASL club's meetings. Traiantafyllou sign cook. "I find it funny how weird some words are when you sign them," Triantafyllou said. Photo by: Alyssa Klimowski.

OFF THE BOOKS

Number of members in these off the unofficial.

10 **STRING CLUB** IS A ENSEMBLE THAT PERFORMS SHOWS.

30 **GAY STRAIGHT ALLIANCE CLUB MEMBERS** (GSA) SPEAK OF INCLUSION.

13 **SIGN LANGUAGE CLUB MEMBERS** LEARN AND PRACTICE ASL.

10 **ASTRONOMY CLUB MEMBERS** GATHER TO LEARN ABOUT ASTRONOMY.

35 **ENVIRONMENTAL CLUB MEMBERS** SPREAD ENVIORNEMTAL AWARENESS AROUND THE SCHOOL

28% of students say that **clubs** are more important than **sports**

*poll out of 330 students

AFTER-SCHOOL ALTERNATIVES

Though clubs may be time consuming, they offer different ways to express ones self after class.

When school takes up almost seven hours of your day, students find ways to make it more bearable. Many students resort to sports or clubs to bring excitement to the end of the day. While some students play sports, others enjoy clubs and what they have to offer.

"Personally, I'm not athletic, but I do want to do something. So I think that a club works, and it looks good on college applications. It helps you in more than one way," Emilia Harvey (10) said.

However, clubs can offer their own set's of challenges. There can be scheduling mishaps, dramas within the club, rivalries with other clubs and even finding a ride can be difficult.

"Sometimes it's difficult to work [clubs] into the schedule, especially since a lot of clubs will meet on the same days. So if clubs meet on the same days, you kind of have to pick one, and it doesn't give you a lot of leeway," Martha Davis (12) said.

For some students, finding a club that fits them can be difficult. However, creating a new club can be beneficial for the school and other students as well. Shelby Palmer (11) wanted to leave behind a club that students would enjoy.

"There wasn't a robotics club at Lake Central. I saw other schools, like Crown Point, that had a really good robotics program, so I wanted to start one here because I really like robotics," Palmer said.

Starting a club is only half the battle. Getting the things you need for the club is the next step, like trying to find a teacher to sponsor the the club.

"For robotics at a lot of other schools, there's a bunch of funding, but here, there's not a lot of funding," Palmer said.

Q&A

WITH CORA MCCOY (11)

How did you bring more people into your club?

Both of the french teachers advertise the upcoming meetings and explained what the club was all about to their classes and what the upcoming meetings were going to be about and when they were. Then we had a table at the club fair during pte and thats when large amounts of people came up to our table and we ran out of flyers and everything. Then the meeting after the club fair we had over 30 kids show up .

What was your motivation to expand it this year?

I wanted more people to see what the French club had to offer them. I had a ton of fun with my friends in the club in the past years and I wanted to show other people how much fun it can be too. I wanted more exposure for the club because I think the French cluture and thier customs are really interesting and I truly think that other people would like the culture too.

What do you do at meetings?

There are 40 people in the club, this year is our biggest year yet. We are trying to incorporate new materials, and we are trying to get all of the members to talk to each other and get to know each other because we are all apart of the same club. Every meeting we have little treats and drinks. We play little games that incorporate different types of the French culture.

What are misunderstandings about the club?

One big misunderstanding about the French club [is] people thinking it's just going to be us speaking French, but you don't even have to have been in a French class. You can just come and join. It [is] really just learning about the culture and hanging out with your friends.

COOKING FOR THE CROWD

Startling Beginnings

"During my freshman year I was walking in the cold lunchroom, I wasn't paying attention and I didn't see that there was a wet patch on the floor. I slipped and fell in front of everyone. It was embarassing but now it's just a funny memory to look back on."

Lillian Zubeck (12)

Straight From Home

"I have never bought a school lunch before because I used to be scared of going up to the line. It felt like everyone was looking at me. Now that I'm older, I just prefer the healthier options you get when you bring a lunch from home."

Brooke Burks (10)

Less Madness

"I prefer blue and white day lunches over traditional day lunches. I like them better because I usually have more friends in those lunches. They also seem a lot less crowded and crazy than traditional day lunches."

Kendall Narjes (9)

Meat Free

"I do think the cafeteria should offer more meat-free options. It's really not fair to those who are vegan or vegetarian because the only things that don't contain meat is the pizza, bosco sticks and chips and other unhealthy options."

Sophia Textor (10)

Common Cuisine

"I sit next to the same people every day on each day. I sit next to the same people because they're my friends, and I'm comfortable sitting next to my friends rather than strangers. And after about the first couple weeks of school, everyone sort of just sits in the same seats they did on the first couple days like unassigned seats."

Cate Malesh (10)

The Little Things

"I don't really have one funny story, it's more of just interacting with kids. Everything always kind of seems to make me laugh. When a kid drops their lunch tray, thats funny or when someone drops a dish in the back and makes a loud noise, that's funny to me. It's just little things like that."

Diana West, Food Service

Quantity over Quality

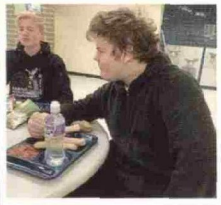
"I personally don't think it is, me being an athlete I would actually prefer more quantity because like the amount of stuff I usually get is not enough, and it's just not worth it."

Lucas Moseley (9)

Homestyle

"I don't think the food here is bad I think it's good and we have a good variety of options but, I would rather take a lunch from home because I can choose what I want.

Mackenzie Zielke (11)

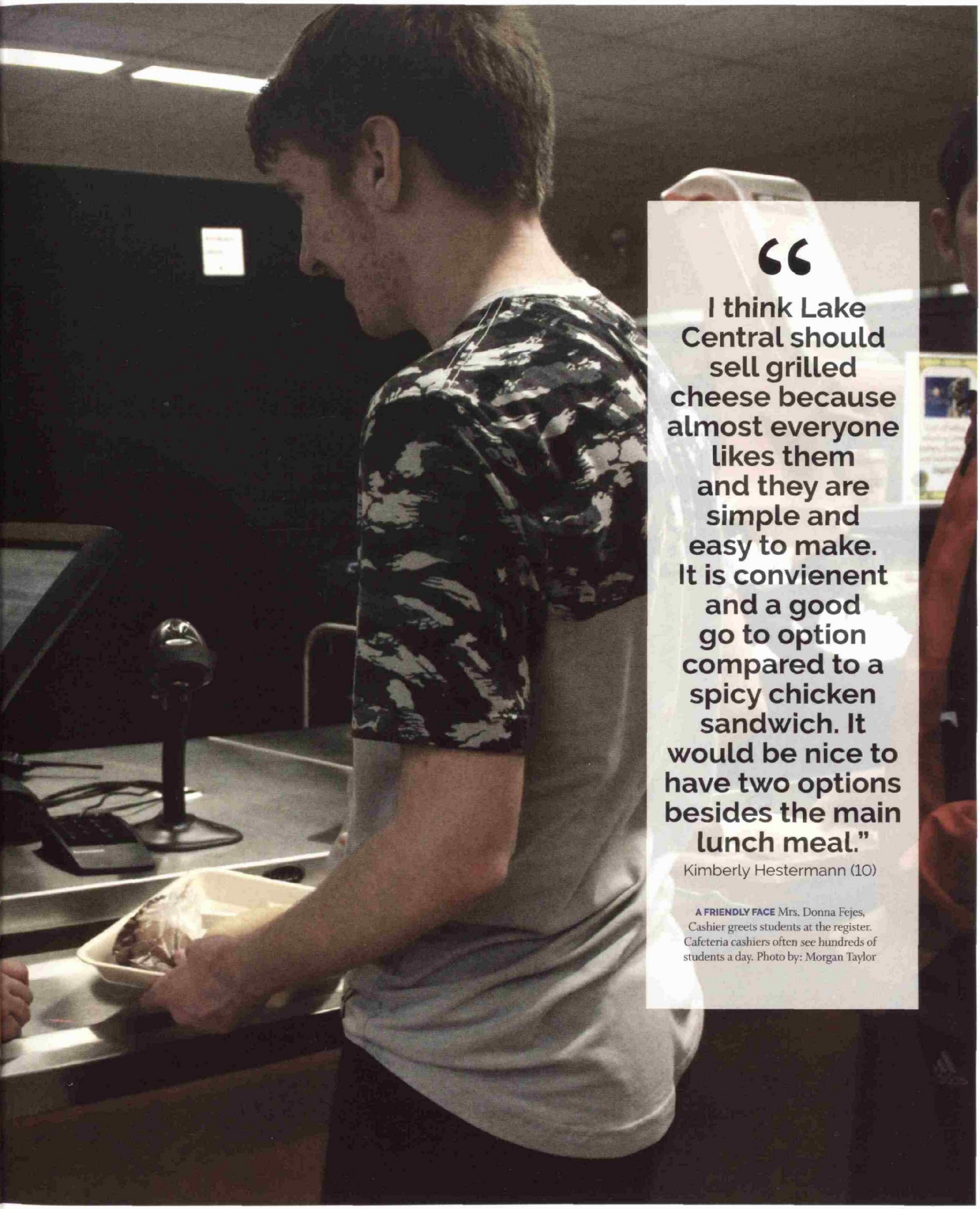


Lunchroom Vibes

"I prefer [to sit] in town square, there's just something about it that feels better and more welcoming. I like how all the tables are set up and how it is not set up like the other two lunch rooms."

Shannon Beall (11)

Page By: Mia Born, William Churchill, Allison Irace, Eden Schilling and Nitya Shah



> “I think Lake Central should sell grilled cheese because almost everyone likes them and they are simple and easy to make. It is convienent and a good go to option compared to a spicy chicken sandwich. It would be nice to have two options besides the main lunch meal.”
>
> Kimberly Hestermann (10)

A FRIENDLY FACE Mrs. Donna Fejes, Cashier greets students at the register. Cafeteria cashiers often see hundreds of students a day. Photo by: Morgan Taylor

LOVE FOR THE LIBRARY

Love For the Job

"I love working with kids. I love helping them find sources for their projects. I love giving books to kids and their excitement. I love that we have the art gallery in here because I think it's such a unique part of this campus. I like the fact that I have a hand in what goes on at the other schools, too, because a lot of times elementary librarianship is more fun because the kids are so young and so excited. So, I get a little taste of that. I get to plan programming for the different levels. In the morning, before school starts, there are probably between a hundred and two hundred kids who come through those doors and come in and do something, whether they need to do something on a computer, or they sit and hang out at the tables, or they're using the labs. We don't check out a ton of books which kind of makes me sad but we're here for other [purposes]. The way the library gets used in high school is very different from how it gets used in the middle school versus the elementary."

Elena Arens, Director of Libraries

A Quiet Place

"If I have a lot of homework and need to catch up on stuff, I'll come to the library and do it. Honestly, if I want to be alone or if I want to be around people, everyone has respect for everyone that's working here. [The library] is peaceful, it's a really good place to get stuff done, especially for me. It's always quiet, how it's supposed to be."

Meghan McCabe (12)

New Freedoms

"It's really nice being a library aid because I get all my homework done, and I can go to lunch whenever since it's during 6th hour. I've been doing it for a couple years so I just always come here. My favorite part of the library is probably the freedom. I can do what I want because it's not like a classroom where I have to follow the rules."

Ashley Koutropoulos (12)

Old School

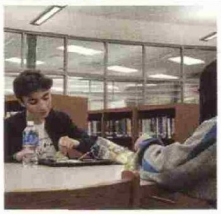
"I check out books in the library because I like the feeling of holding a book, like a school copy, better than online. It's also more interactive too, I like looking at books as well because I think they are pretty and unique. I check out books from this library a couple times a month, but sometimes I check out books for myself at home."

Kayla Longfield (11)

Finding Peace

"My favorite thing about the library is probably the computers and probably being able to work on things. I would describe the library as not peaceful when there is a class present."

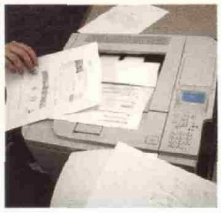
Cara Eklund (11)



Lunch Break

"It's just more convenient eating [in the library], considering I come back from the Career Center and B lunch is the lunch I take. And I don't really know anyone, in that lunch."

Brian Kacerski (12)



Printer Problems

"[The library printer] helps me print essays and other papers I need for some of my classes. I don't have a printer at home. I forgot my study guide and I printed out a copy before class so my teacher wouldn't yell at me."

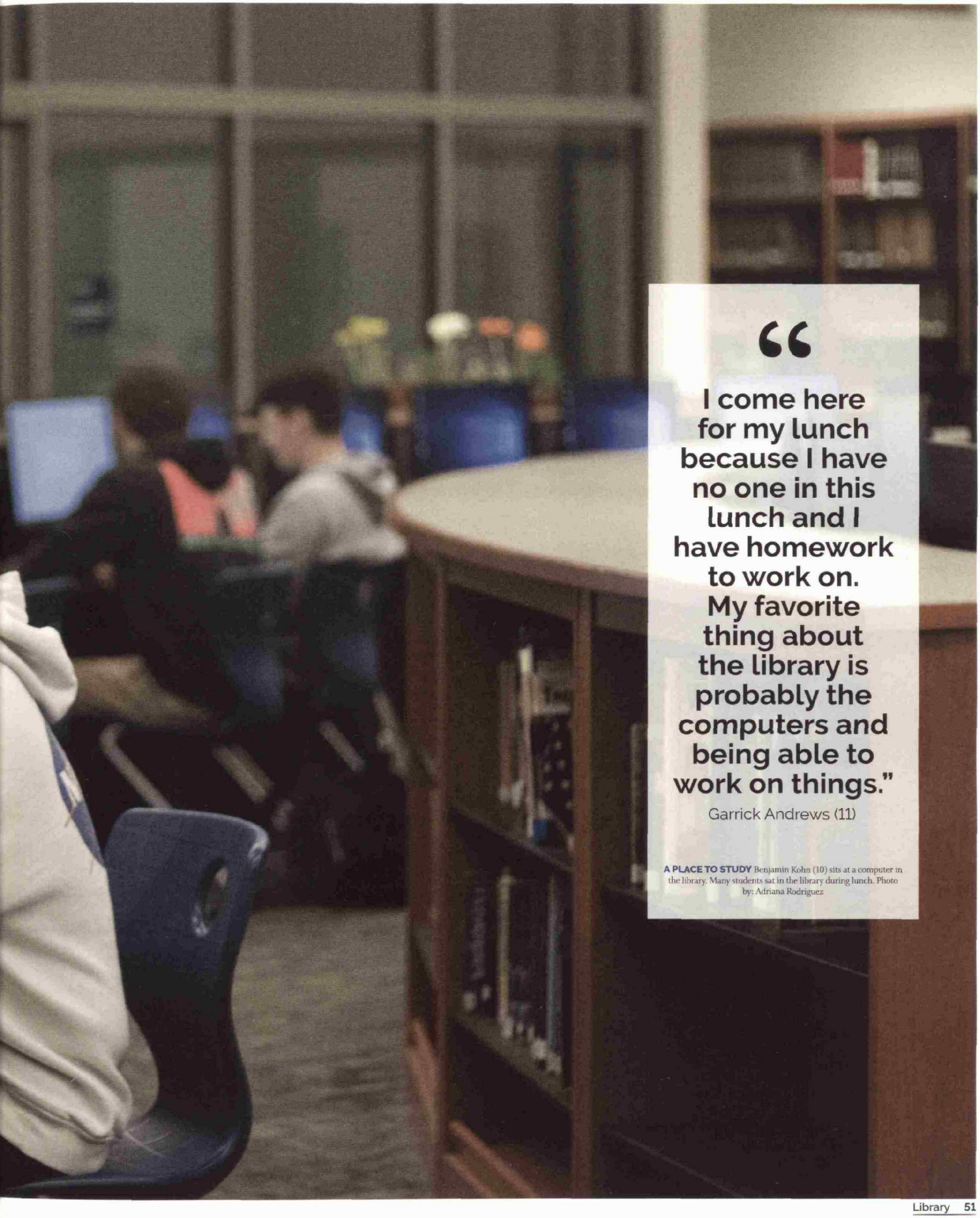
Lillian Rizzo (12)

No Eating

"I spend my lunches in the library because it's more quiet and I'm able to get my work done and I'm able to concentrate. If I could change something about the library, it would probably be the no eating."

Hannah Bernardy (12)

Page By: Kelly Hayes, Alyssa Klimowski, Liliana Schroeder, Ava Solis and Isabella Villareal



I come here for my lunch because I have no one in this lunch and I have homework to work on. My favorite thing about the library is probably the computers and being able to work on things."

Garrick Andrews (11)

A PLACE TO STUDY Benjamin Kohn (10) sits at a computer in the library. Many students sat in the library during lunch. Photo by: Adriana Rodriguez

MAIN PLACE TO BE

Keep it Moving

"I have tripped on Main Street before but no one really cares because there is too many people to notice.The only time Main Street is really chaotic is when everyone is running out to their cars at the end of the day, including me."

Emma Robustelli (11)

Class Clown

"In Main Street I tap random kids on their opposite shoulder when I'm walking near them. It's just funny to watch them look to their left when I'm on their right, but I was the one who tapped them. I usually walk ahead of them as they turn their head so they didn't know it was me."

Dylan Barkauskas (10)

Well That's Awkward

"I have fallen in Main Street multiple times by simply tripping over my feet along with getting shoved although I am very clumsy. One time, I thought my friend was in front of me so I tapped her shoulder and she turned around, but it wasn't my friend. She gave me a dirty look and I was so embarrassed."

Addyson Popoca (9)

Embarrassing Run-in

"My freshman year, my friend Diamond was chasing me around the school and was about to hit me, and I fell in the middle of Main Street. I felt really embarrassed."

Aanjili Gilbert (11)

Desiring Disruption

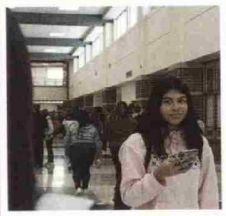
"Main Street is very crowded but the chaos doesn't affect me. If anything, I like it. I will be walking down the hall with my friends and I'll see people I don't have any classes with and I can say hi or catch up with them. Since I'm short, I have almost gotten trampled by upperclassmen countless times."

Ryan Lytton (9)

Stay in your Lane

"I think there should be some sort of divider in the hallway to keep students from running into each other. I hate when a bag hits my face or shoulder because people don't know how to walk. People also vividly show their relationship status in Main Street."

Lauren Powers (10)



All Eyes on Me

"I feel like when I walk down Main Street everyone is watching me so I have to focus on what I'm doing. I feel like I have to do everything perfect because no matter what you do someone is watching you."

Olivia Heuertz (10)

Freshmen Flock

"I remember my friends and I would stand in Main Street every day before school my freshman year. We would talk and have some of our funniest conversations there. I once saw someone set up a projector and watch a movie on the wall during lunch on Main Street."

Caroline Good (11)

Pushing Past

"Since it gets so crowded, most of the time I have to end up pushing people to get to where I need to go. Doing that to people can backfire sometimes though. Other times on Main Street there will be events or activities like when people do pull ups."

Addison Black (9)

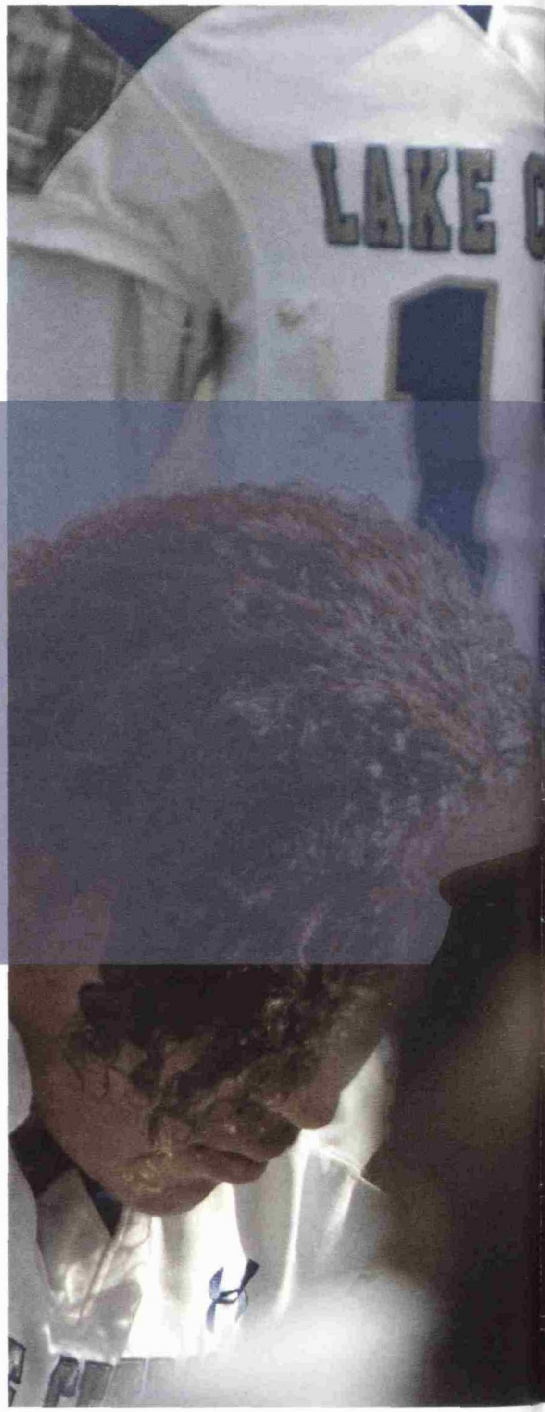
Page By: Jade Mehok, Hailey Prasopoulos, Alexandra Rigg and Avery Robinson

> **When I'm walking in Main Street it can be a really stressful experience. Sometimes it is so crowded that I felt sort of trapped. It doesn't help that some kids just stop in the middle of the hallway."**
>
> Avery Parks (11)

CHAOS ON MAIN Alorah Perez (12) and Mia Demape (12) walk down Main Street after lunch. This is one of the most chaotic hallways at Lake Central. Photo by: John Nick Sanchez

THE CENTER OF

SCORING A **TOUCHDOWN**, **SPIKING** OVER THE NET, **FINISHING** THE RACE, SWIMMING YOUR **BEST TIME**, **STICKING** THE LANDING AND BOWLING A **STRIKE**.



"IT'S ALLOWED ME TO EXPERIENCE NEW THINGS WITH A TEAM AND WORK TOWARDS A GOAL TOGETHER."

Sydney Doloszycki (10)

A Better Me

"[I've been in] cross country for three years. It's very special to me mainly because of the friendships I've developed. Forming relationships with the team and having those unique experiences [are] things I've taken away from it. Personally, I've struggled with an injury for the past three years on my knee. It's really just been trying to overcome that and basically relearning how to run. That's really been one of the hardest things for me."

Zachary Tobin (12)

Head in the Game

"I play softball. I play this sport because it's super interesting. Sports are important for school because they endorse school spirit and bring the school together. Whenever I play, I think about my grandpa. He loves watching me play, and that makes me play harder. Softball is definitely one of my top priorities; my life surrounds practices and games. Softball is important, because it clears my mind and motivates me to be better a better player and teammate."

Abigail Dobricky (11)

Leaving it Behind

"I play football, I wrestle and now I run track. I play because I've been playing it since I was five. It's going to be tragic not playing for LC because I probably won't play football again."

Quincy Fleming (12)

The Passion

"Dance is special to me because I always put a lot of effort in, and dancing with people that I've danced with for years and spent a lot of time with is pretty special to me."

Lilah Lopez (11)

Out on the Ice

"I play hockey. I've been playing since first grade. It's special to me. The best part is probably just as simple as being out on the ice. It's an experience like nothing else."

Grayden Taylor (12)

SPORTS IS:

Brandon Johnson (11) catches his breath during a break in the football game. He was an offensive and defensive lineman on the Varisty football team. Photo by: Adrianna Rodriguez

Leaving my Legacy

"This is my first year on both [running] teams here. I don't think I will be doing it in college, but leaving. I think it will make it hard to leave my teammates."

Jack Wolstenholm (10)

Playing for the Win

"I play football and I run track. I play football because I've been playing it since I was six. One of my favorite memories was beating Michigan City."

Curtis Gills (12)

Running Hardships

"[I'm in] cross country and track. It gets hard sometimes when trying to balance school and sports and other things you have going on in your life."

Emily Thomas (11)

GAME BY GAME

MAKING THE RANKS

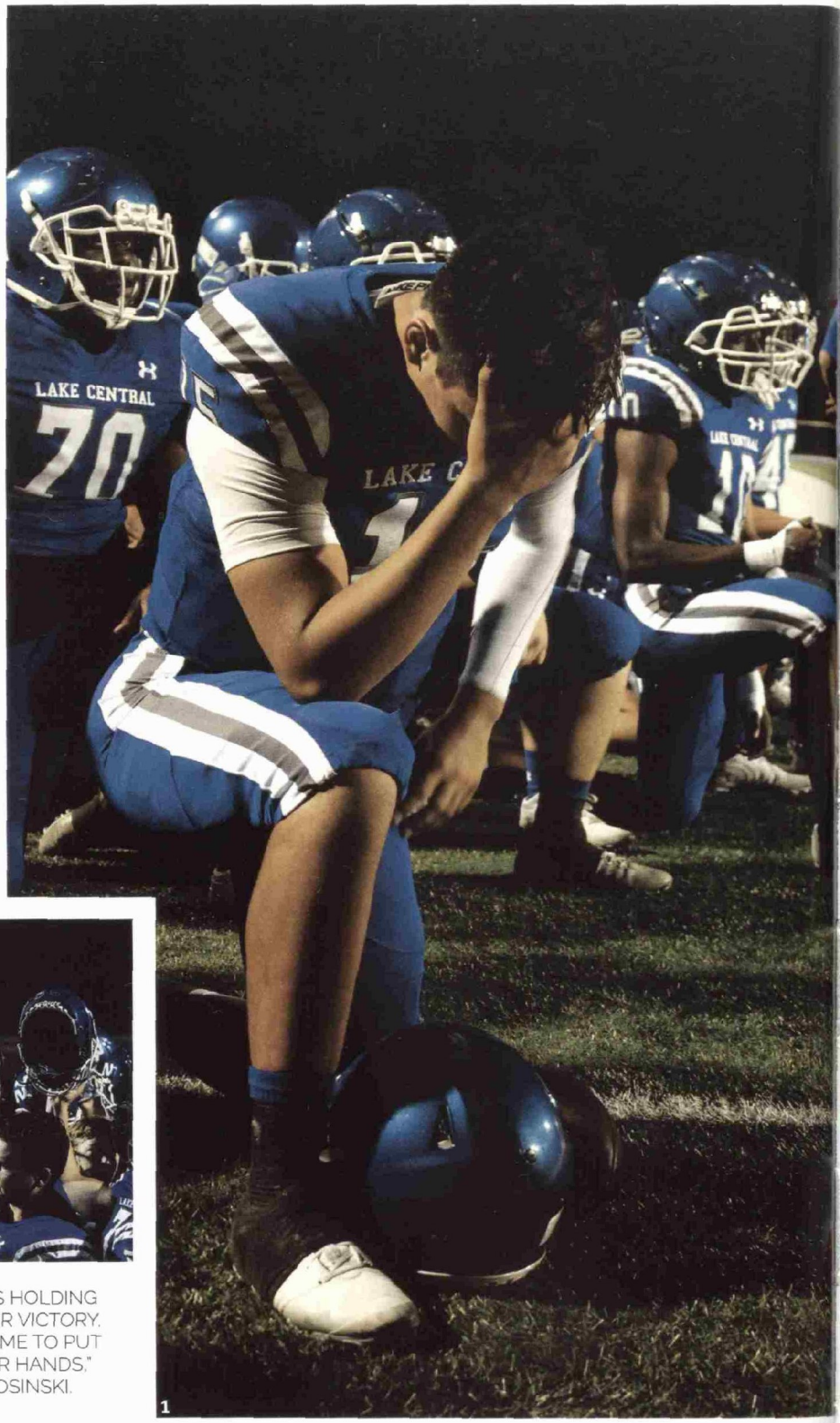
130 THE BOYS EARNED THIS AS THEIR STATE RANKING

30 STATE CLASS RANKING OF *THE TEAM*

7 THE BOYS LOST TO *CROWN POINT 7-22* IN THE SECTIONALS GAME

2-5 THE BOYS CONFERENCE TITLE

HELMETS HIGH ZACHARY WRITT (12) IS HOLDING HIS HELMET IN THE AIR TO SHOW THEIR VICTORY. "WE DECIDED AT THE END OF THE GAME TO PUT HELMETS IN THE AIR INSTEAD OF OUR HANDS," WRITT SAID. PHOTO BY: HANNAH KOSINSKI.



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WHAT WAS YOUR FAVORITE **MOMENT** THIS SEASON?

"Beating Michigan City homecoming night was one of my favorite moments this season over all."

CURTIS GILLS (12)

"Beating Michigan City on homecoming has to be my favorite, especially because it had to be rescheduled"

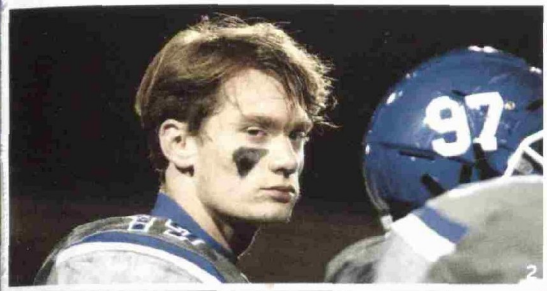
DAVID SALINAS (11)

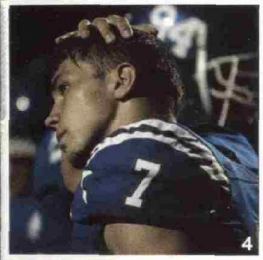
"My favorite moment this season was probably going to the summer camp and messing around with all the guys"

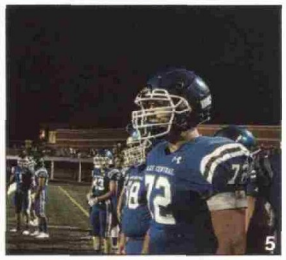
NATHAN HODOR (12)

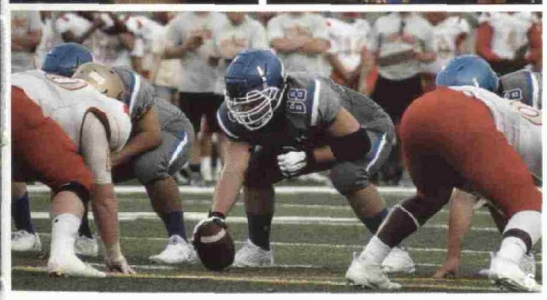
Page By: Kylie Biehler, Kelly Hayes, Lilliana Schroder, and Ava Soto

Friday Night HIGHLIGHTS









The football team was riddled with young and eager players. The season has brought the players closer together.

"A lot of chips didn't fall where we thought they would, but at the end of the day, 40 years from now, all I'll remember is did I have fun and what bonds did I create. I wouldn't wish to play with any other people, I love these guys," Curtis Gills (12) said.

During the off-season, some of the players set goals for themselves so they would be ready for the up coming season. With any team, there can be aspects of the game that players might wish to improve upon.

"One of the personal goals I had and one of the goals we had as a team is trying to build a new culture. We want to create a new stigma around Lake Central; we are here to compete and we are here to ball out and play football," Mateo Cedano (12) said.

Some players stated that the season was filled with highlights. They hope that the lessons they've learned this season and the good times they shared will prepare them for the years to come.

"One of the highlights of our season was the Michigan City game. I was very proud of this win because we all played very well and came together as a team," Jack Hickey (11) said.

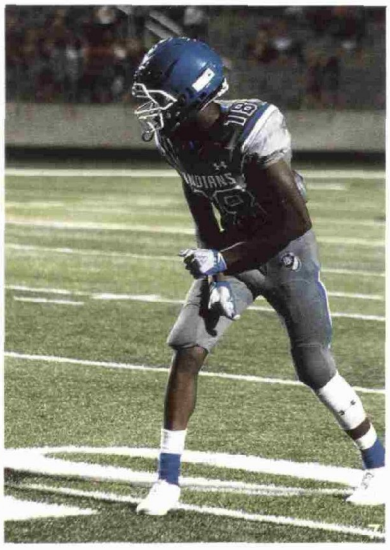
Every season, teams lose the seniors that once played among them. The team has to adjust to the missing spots and look for new people to fill those positions. This season's team had 28 seniors on JV and Varsity.

"[Knowing this is my last year on the team] hurts, and I hate to know this could be the last time I'm ever gonna put on pads. I hope I was a leader to the little guys on the team, and I'm just holding on for the night," Gills said.

The overall season, good or bad, was stated by the players to be made up of many unforgettable moments. They also stated that as the season progressed so did their bond.

"There is not a specific moment, the way we've come together is really something the coaches said they haven't seen in a while," Cedano said.

A lot of commotion surrounded the football team, but through it all they remained a close-knit team.



1. TAKING A KNEE Mateo Cedano (12) takes a knee on the sidelines after his fellow teammate went down. "[Zachary] Writt (12) got hurt and I thought his season was over. He went down and I was scared because he hurt his shoulder over previous years and he just worked so hard to get back and I just didn't want it to be over for him and thank God it wasn't," Cedano said. Photo by: Hannah Kosinski. **2. STRAIGHT FACE** Jarred Ivey (12) shows a straight faced expression. Ivey had just watched Merrillville score on his team. "I remember just feeling hopeless, that just insured we would lose."Ivey said. Photo by: Hannah Kosinski. **3. FINAL TOUCHDOWN** Sir Garcia (12) is throwing the football onto the ground. The team had just scored the only touchdown of the homecoming game. "It was my favorite moment of the game, everyone ran on the field, it was really cool," Garcia said. Photo by: John Sanchez **4. TAKING A BREAK** Caleb Griffin (12) is standing on the sidelines watching the game closely,while waiting for his turn to go in. The game had hit a low point."I just watched one of my teammates fumble the ball," Griffin said. Photo by: Hannah Kosinski. **5. SIDELINES** William Rauch (11) stands staring down the field. Rauch was standing on the sidelines waiting to go in. "I was watching the offense drive down the field and trying to score," Rauch said. Photo by: Hannah Kosinski. **6. KICK OFF** Logan Kwiatkowski (11) is setting the ball for the next play against Crown Point High School. They kicked off the game with a great pass. "I shoot the ball behind me and ran to block the guy in front of me," Kwiatkowski said. Photo by: Isabella Brazzale. **7. STARTING STANCE** Curtis Gills (12) is lined up waiting for the snap. Gills got into a running stance, preparing to catch the ball."I was pinning up and about to go for a pass," Gills said. Photo by: Isabella Brazzale.

"Beating Michigan City for the homecoming game on the day of the dance was probably one of the best moments."

BO BAIS (11)

"My favorite moment was laying out one of the Crown Point players at one of the games. It was really exciting."

JARRED IVEY (12)

"Beating Michigan city on homecoming morning, even though we were supposed to play the night before, was my favorite moment."

JALEN WIGGLEY (11)

Game Attendance

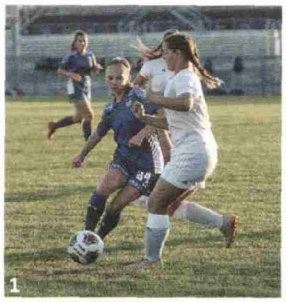
Do you go to football games?

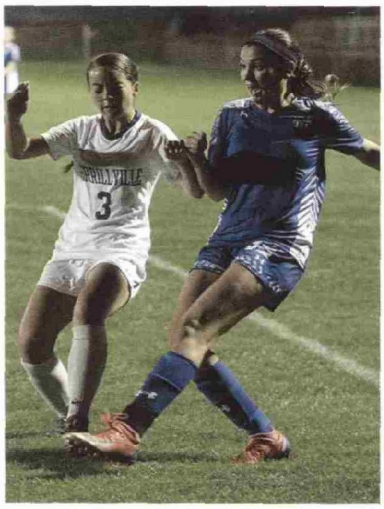
*poll out of 345 students

Supporting Soccer

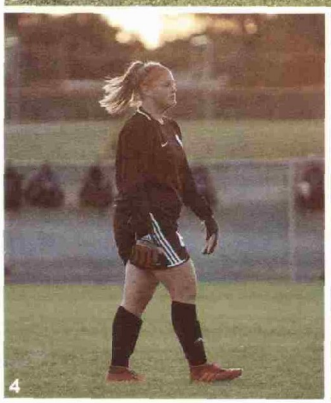
Students were surveyed about their attendance at the Girls Varsity Soccer Games.

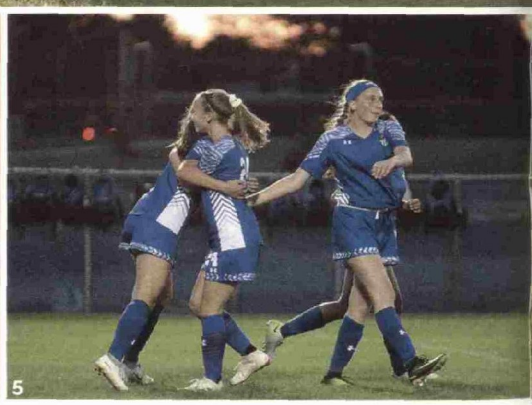
*poll out of 328 students





REFUSE TO LOSE AUBREY ROWSER (12) SLIDES PAST AN OPPONENT WHO IS TRYING TO BLOCK HER. SHE FOUGHT TO WIN THE LAST GAME OF HER SOCCER CAREER. "OVER THE YEARS OF HIGH SCHOOL SOCCER, I LEARNED TO DO EVERYTHING WITH NO REGRETS," ROWSER SAID. PHOTO BY: HAILEY PRASOPOULOS





HOW DID **YOU** SUPPORT GIRLS SOCCER **THIS YEAR?**

"I supported the team by cheering them on at the games. I have a lot of amazing friends on that team that show the true meaning of hardworking individuals."

KYLE KENNEDY (10)

"I went to two games to cheer them on. My cousin is the goalie so it was cool to see her playing for my high school team. They are fun and exciting to watch."

LAUREN DAMRON (10)

"I bought a flag with a soccer ball on it and waved it around at the game against Highland. The fans supported it and waved it around too"

TYLER IRVIN (12)

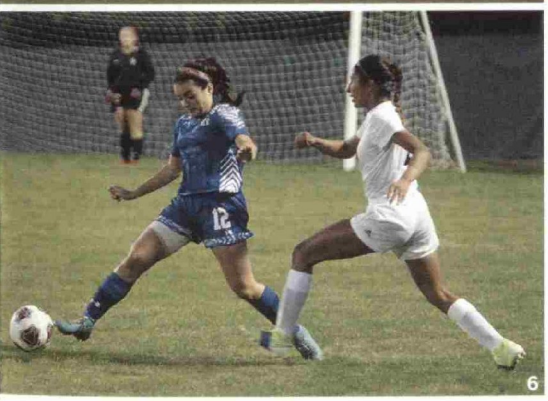
"I worked the concession stand a few games. I was able to watch some of the games from there. The girls are very competitive and it was fun to watch."

AUTUMN CARLSON (10)

Page By: Jade Mehok, Brenna Polowina, Hailey Prasopoulos and Avery Robinson

United with ONE GOAL

Girls Soccer fought through their season using the skills and teamwork they leanred in the Valporasio Camp.



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From August to October, the Varsity Girls Soccer team had a record of 9-7-1. The girls bonded as a group through camps and conditioning over the summer and learned lessons and skills along the way.

"My favorite moment was beating Munster because they're one of our biggest rivals. On the bus ride home, we played music and sang and our coach was pleased with us, so we got an ice bath as a reward. We had so many new girls playing on varsity and the adjust was new, but it was still fun and I enjoyed every second of it. We picked each other up when we went through rough times and supported each other no matter what," Tatumn Damron (11) said.

The athletes formed a special bond through their training during the summer. The Varsity team attended the Valparasio camp right before the season started. They saw their progress by playing scrimmage games against nearby schools.

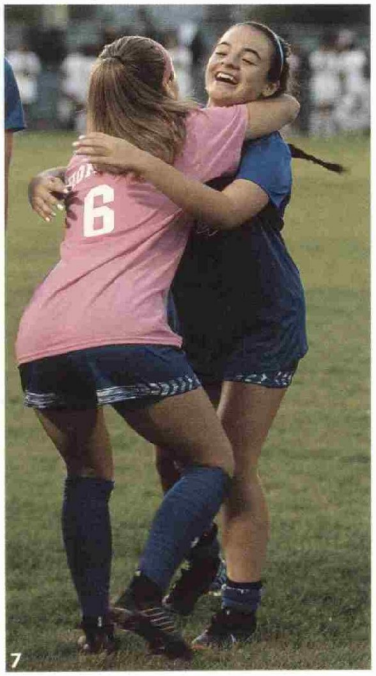
"I feel like [the Valparaiso camp] helped us throughout the season to become a stronger team. Throughout the season [we] learned what it takes to distinguish a good player from a great player," said Madalyn Doreski (10) said.

Motivation is what drives these players to succeed. This drive looks different for everyone.

"My motivation throughout the season were my parents. Both of them have supported me nonstop and never stopped believing in me. After every game and practice we would sit down and discuss what I did wrong, right and what I could improve on," Jillian Hearne (10) said.

Through each camp, practice and game, these girls have stuck together.

"Last year we won sectionals, which was a huge accomplishment for us. However, this was not an excuse to set the bar low. We continued to work towards our goals. Even though we did not get the result we did last year, as a team we continued to progress game by game. We did not get the results we wanted in some games. But we continued to practice, work hard and pick each other up to become the most successful team we could," Doreski said.



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1. HUSTLE AND HEART SET US APART Maggie Fudacz (10) pushes past the defender as she keeps the ball in front of her. She avoided contact with the opposing player. "My favorite moment was when our bus broke down and we got a ride from Munster. The bus that I was on was playing music and everyone was dancing and having fun," Yesenia Garcia (10) said. Photo by: Hailey Prasopoulos **2. BUILDING FRIENDSHIPS** The Girls Varsity Soccer players get called for the starting lineup. They were excited to begin the game against the Merrillville Pirates. "My favorite moment of the season was just getting closer to the girls and enjoying my last season with them," Aubrey Rowser (12) said. Photo by: Hailey Prasopoulos **3. ONE TEAM, ONE DREAM** The team comes together in a huddle and encourage each other. They screamed their Indians chant. "Our team is super supportive towards everyone," Jillian Hearne (10) said. Photo by: Hailey Prasopoulos **4. FEAR THE KEEPER** Tatumn Damron (11) observes the ball down the field. This was Damron's second year being the Varsity Goalie . "I learned how to be a leader and help the younger kids grow and not be shy on the field. I will take that into next season," Damron said. Photo by: Hailey Prasopoulos **5. GOAL CELEBRATION** Joanna Lomeli (10) and Maggie Fudacz (10) recover from a play by celebrating their goal. They continued to fight to win the game versus the Merrillville Pirates. "My team always made me feel loved and accomplished. They made me love the sport even more," Lomeli said. Photo by: Hailey Prasopoulos **6. ALL OUT, ALL SEASON** Veronica Ruiz-Avila (11) reaches to secure the ball. She successfully captured the ball and brought it swiftly to the opposite side. "We learned that throughout the season in order to win or to get the results that we wanted, we had to work together. No matter what, we always had the support of our teammates to back us up," Ruiz-Avila said. Photo by: Hailey Prasopoulos **7. FROM BEGINNING TO END** Brenna Thompson (12) hugs Veronica Ruiz-Avila (11) at Senior night to commemorate their years of playing together. They appreciated the season, as this is Thompson's last year attending Lake Central. "Our past seniors really stepped up to lead our team this year, especially with this year's team being super young," Jillian Hearne (10) said. Photo by: Hailey Prasopoulos

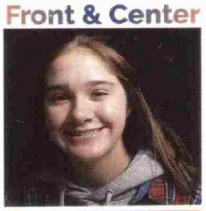
"I went out to multiple games to show support. I was so proud of the progress they made each game and I saw them improve a lot."

SOPHIA PERKOVICH (10)

"I sat with a few of my friends to watch the girls play. They were very fun to watch. I have friends on the team and would definitely go again to support."

KATE WOJCIECHOWSKI (10)

Front & Center



JILLIAN HEARNE (10)

What are some lessons you learned from playing soccer?

"I learned how to be a leader and a better teammate. I've learned how to open the field better and create goal-scoring opportunities."

How would you describe the relationship between your teammates?

"If I was having a bad practice or game, all the girls would try and lift me up. Our chemistry on and off the field was really strong."

How do you handle soccer and your workload at school?

"The only struggle was the late-night games where we didn't get back until 10 p.m., so I was tired the next day at school and struggled getting some of my AP work done."

TAKING LOSSES WITH WINS

BATTLE TO SECTIONALS

12 GAMES WON. THE BOYS WON AGIANTS MICHIGAN CITY 7-0

3 GAMES LOST. THE BOYS LOST AGAINST CROWN POINT 4-0

3 GAMES TIED. THE BOYS TIED AGIANST MCCRACKEN COUNTY 2-2

Childhood Games

Did you play soccer when you were a kid?

38% no	62% yes

*poll out of 345 students

TEAM HUDDLE ROBERT MACNEILL (12) HOLDS HIS TEAMMATES. THE BOYS THEN STARTED THE GAME. "WE WERE IN A PRE-MATCH HUDDLE AND IT'S JUST TO GET EVERYONE RELAXED AND TALK OVER ANYTHING WE NEED TO AS A TEAM," MACNEILL SAID.

HOW DO YOU FEEL THIS SEASON WENT?

"We had a really great season, that was something that I wasn't expecting to happen. It was a really exciting season."

JACK BAILEY (12)

"We are a small team because we were looked down on by Crown Point, but as the games progressed, I believed in our team more."

TRE' ADAMS (10)

"I don't think anybody expected to make it as far as we did this year. We felt like we needed to make it up to everybody last year."

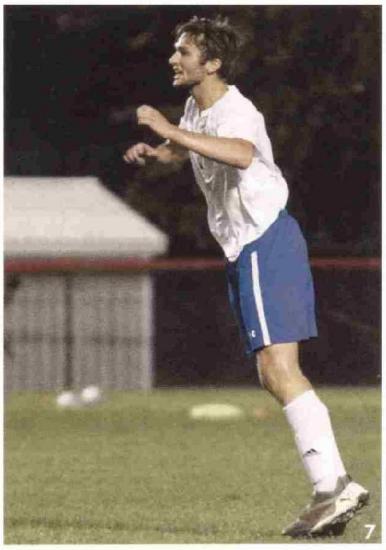
YOUSSEF ERRIHANI (12)

"Nobody expected this season to go as far as it did, but I am glad we made it that far. Also, we were proud to earn state runner up."

EMILIO ZAMBRANO (11)

Page By: Colleen Dyra, Kelly Hayes, Nitya Shah, and Isabella Villarreal

(Goal)den OPPORTUNITES



The soccer team shows love for game in their victory at semi-state champion ship.

This season's soccer team went far, making it past regionals and the semi-state championship. The team was one of the youngest teams the high school has had. This team made it further than the seasons prior. Besides winning championships, they've also said they're trying to become a better team, not only at the game, by building a brotherhood with themselves and Coach Jereme Rainwater.

"Rainwater has been my coach since I was 5-6 years old. Just being with him gives me my motivation," Emilio Zambrano (11) said. "I see him as family, and me being on the team now, he's like a second dad, and that's the reason I joined. I just love the game and I just want to play for myself, the high school and the team. It's a brotherhood. We consider ourselves a family. There's not a moment we're not looking out for each other or breaking each other up, we're together all the time."

The players mentioned how they show devotion for not only the game, but for the team and how they play as one. Some of the players talked about what it means to be committed on the team and to have a passion for soccer. The devotion helps create the bonds and friendships that led to a successful end to their season.

"I think the season was pretty successful. I think the team being able to play and adapt to a lot of new players went well. I joined the team because of my love for soccer and I joined in my freshman year in 2017. Most of the kids on the team are pretty close. A lot of us sit with each other during lunch and hangout outside of school," Anthony Avecillas (11) said.

Snice the season ended, the team has stated that their devotion has increased, which has impacted the teams brotherhood and bond. They hope next season will be another great season.

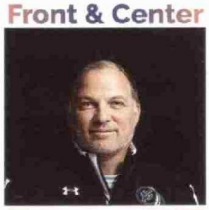
"This is such a close group of guys. It's been such an awesome journey this season and credit to the seniors for making it happen. They really brought this team together," Derek Baldin (11) said.

1. JUMP START Adrian Orciuch (12) jumps to punch the ball heading toward the goal out. Orciuch hit the ball and sent it back into play. "During the warmup we hit a few crosses and I like to punch them out sometimes," Orciuch said. Photo by: Emily Prince **2. TAKE OVER** Jakob Noldin (10) races to steal the ball away from the other Highland players. Noldin and Robert MacNeill (12) defended the ball. "Me and MacNeill both fought with the other team to get the ball back," Noldin said. Photo by: Caleb Chen **3. SHORT REACH** Tre' Adams (10) runs along the side lines. Adams ran swiftly to reach the ball before the other team. " I had leading pass, to score the goal who gave me the leading pass," Adams said. Photo by: Morgan Taylor **4. RACING DOWN THE CLOCK** Jack Bailey (12) races toward the ball to kick it back into the field for his teammates. His teammates then scored the winning goal. "I was racing on the sideline to go for the ball," Bailey said. Photo by: Isabella Brazzale **5. PASSING THE BALL** Joel Arteaga (10) tries to balance out the ball, while the LaPorte players come to the sides to try and steal it. Arteaga is an asset to keep the ball up. "I ran down to pass the ball," Arteaga said. Photo by: Emily Prince **6. LEANING FORWARD** Emilio Zambrano (11) listens to Assistant coach Erik Graves instructions. Zambrano leaned forward to hear his coach over the roar of the crowd. "My coach told me advice before the game on what to do to perform well on my soccer skills," Zambrano said. Photo by: Isabella Brazzale **7. RUN DOWN** Bryce Gross (12) jumps on the side of the field calling for the ball. The boys Varsity soccer team faced off against Highland on Wednesday, Oct. 9, for a semifinal match. "I'm yelling at my team to step or shoot," Gross said. Photo by: Morgan Taylor

"My favorite moment was winning semi state and celebrating with the team. It was definitely a very special moment for the team."

DEREK BALDIN (11)

Front & Center



COACH JEREME RAINWATER, CAREER TECHNOLOGY EDUCATION

How do you feel the team did this season?

This has been a good year. We're in the state finals and our first game that we played against Crown Point we lost and we start 6, maybe 7, sophomores at a time.

What did you learn from this season?

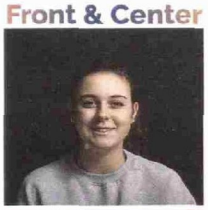
I think that them trying to get better each year and seeing how much they've grown, not only as a soccer player but as young men, I think is going to allow us a lot of opportunities.

How did you feel about this season's players?

I think the older players have done a phenomenal job of preparing the younger players for these big moments. That's really one of the only reasons were still playing today.

How do you feel going into next year?

Next year will be an exciting year. Right now I'm really excited about where we are going to be. We have a lot of good players and we're going to have some big shoes to fill.



DANIELLE COLANTUONO (12)

How does it feel to be a senior on the team?

"It was really fun because I got to have power. You can still have fun with it, but you know that you are the leader of the team."

Do you have any traditions before a match?

"We got to miss a lot of school this year, so every time we did, we got to have a little sleepover for team bonding. Having those 10 girls bond is essential for us to do well."

Is there anything you would have changed during the season?

"I wish we would have drilled it into the younger girls' heads how important it is to take every shot seriously. Now they realize that one shot does change everything."

AN INSPIRATION SAVANAH WILLIAMSON (11) PROGRESSES THROUGH THE COURSE. WILLIAMSON HAS BEEN A PART OF THE TEAM SINCE HER FRESHMAN YEAR. "I FEEL HONORED TO HAVE FRESHMEN LOOK UP TO ME, BECAUSE I'VE BEEN IN THEIR SHOES BEFORE," WILLIAMSON SAID.

1

WHAT **MOMENT** WAS THE MOST MEMORABLE THIS **SEASON?**

"My favorite memory was regionals because I saw how proud everyone was. All the parents were cheering us on, and that was the greatest because I knew we were going to state."

DANIELLE COLANTUONO (12)

"The most memorable part was one of the team sleepovers where we never stopped laughing and then did really well at our tournament the next day."

SARAH SANDERS (12)

"The bond between the Varsity team and the incoming girls is what made it the most important, because we really grew together as a team and had a strong bond. It's basically a family."

CIERRA KUBACKI (11)

Page By: Delanie Flynn, Mateusz Gacek, Brenna Sealy, Ava Solis and Alayna Wilkening

Swinging into **SUCCESS**

2

3

4

5

6

The girls golf team dominated the course this season, finishing strong with 2nd place wins in both sectional and regional matches and 12th in state. Although the team did not win state, many still had a season of improvement.

"Our team goals were to make it to state and beat Crown Point for the conference championships, which we did. We [achieved] most of our goals except winning sectionals, but we ended up beating [Crown Point] when it mattered," Sarah Sanders (12) said.

Part of the girls' responsibilities this season was to teach newer players how to work as a team. The girls made sure to push and encourage the freshmen to do their best, even when it got difficult.

"We had to make sure that the girls were practicing what they needed to. We had a lot of freshmen this year. We had to show them the basics, but also make sure that they knew what they had to do when we left the team," Danielle Colantuono (12) said.

The girls had a great season and won all of their games in the DAC. According to the girls, being a smaller team than most sports makes the team feel more like a family.

"Winning all 7 of the DAC matches was one of the best moments in the season, because we went undefeated," Cierra Kubacki (11) said.

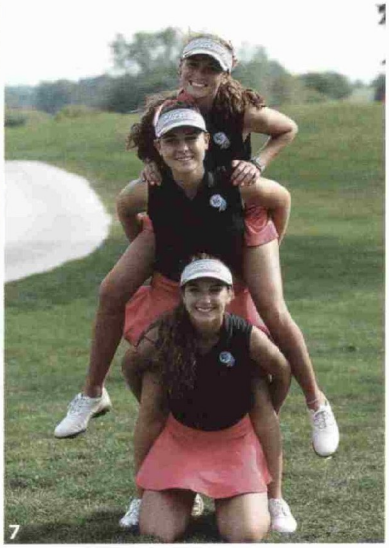
The team faced many challenges throughout the season and conquered them with unmatched determination. Their teamwork and dedication played an important role in their overall results.

"I was worried that we would not do well this year and I would never get to go to state with my team. Our goal was to make it to state, [and] we did," Sanders said.

The girls thought the season was overall successful, and the Varsity team continues to reach new heights each year. The girls are proud of their season and are looking forward to the future.

"I'm very proud of all the girls on the team, and I can't wait to see what they do next year, because they all have great potential," Colantuono said.

The girl's golf team won all of their games in the DAC and moved on to play at sectionals.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1. MAKING MEMORIES Sarah Sanders (12) finishes a swing. This is Sander's fourth year on the golf team. "My favorite part of being on the LC team was the memories I made," Sanders said. Photo by: Charmagne Abangan **2. GO THE DISTANCE** Sarah Sanders (12) measures the final distance between her and the hole. Sanders finished her last season on a positive note. "My best match was one of the first ones where I did my personal best," Sanders said. Photo by: Charmagne Abangan **3. LONG STRIDES** Danielle Colantuono (12) drives through the ball. Colantuono then remained in her follow through position to watch how far her ball got "Honestly, we achieved all of our goals this year except for winning sectionals and regionals, but coming in second place is just as good," Colantuono said. Photo by: Charmagne Abangan **4. POINT OF VIEW** Krista Matakovic (12) lowers to the ground to take a closer look at her ball. She ended up scoring the point. "My personal goal this season was to get under 80," Matakovic said. Photo by: Charmagne Abangan **5. ULTIMATE FOCUS** Danielle Colantuono (12) lines up her ball before taking a swing. She made Varsity this year. "I felt very proud of myself [for making Varsity] because I didn't think I would make Varsity even though I've been trying so hard," Colantnano said. Photo by: Charmagne Abangan **6. LINE IT UP** Sarah Sanders (12) lines up her ball before taking a swing. She must be very precise with this to ensure she makes the shot. "My biggest motivator was myself," Sanders said. Photo by: Charmagne Abangan **7. BETTER TOGETHER** Sarah Sanders (12), Danielle Colantuono (12), and Krista Matakovic (12) pose for a picture. The three were the only seniors on Varsity. "We just all get along really well. We have fun at practice," Matakovic said. Photo by: Charmagne Abangan

"Being in the hotel for tournaments [was the most memorable because] the team bonding was a blast and it left a lot of inside jokes."

SAVANAH WILLIAMSON (11)

"Having team bonding and enjoying all of our practices is what made the season memorable."

KRISTA MATAKOVIC (12)

SUCCESS IN NUMBERS

TEAM STATISTICS

5 VARSITY PLAYERS ON THE GIRLS GOLF TEAM

14-0 IN THE DAC MATCHES

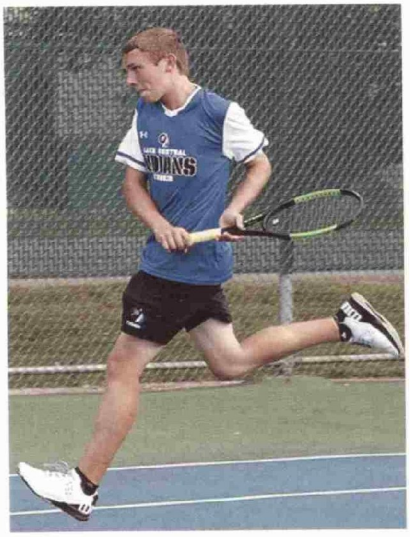
2 PLACEMENT AT REGIONALS AND SECTIONALS

12 PLACEMENT AT THE STATE MATCH

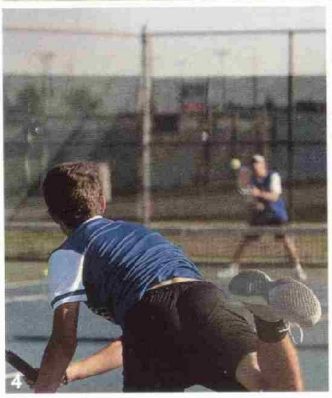
Singles or Doubles

We asked the Varsity tennis team which they prefer singles or doubles.

*poll out of 7 Varsity players



FOLLOWING THROUGH DAVID SPRIGGS (10) RETURNS THE TENNIS BALL TO HIS OPPONENT. SPRIGGS CONTINUED TO FOCUS ON THE GAME AFTER HE HIT THE BALL. "TO STAY FOCUSED, I TRY TO ONLY WORRY ABOUT THE MATCH I'M PLAYING." SPRIGGS SAID.



IN FOR THE WIN

WINS AND LOSSES

10 WINS FOR THE BOYS TENNIS TEAM

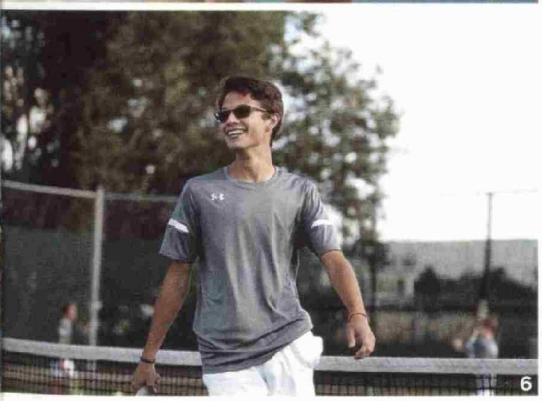
12 LOSSES FOR THE BOYS TENNIS TEAM

2 RANKING PLACED AT THE MACY INVITE

4 RANKING PLACED AT THE CONCORD INVITE

Page By: Mackenzie Guthrie, Jade Mehok, Annaliese Nelson, Brenna Seale and Alayna Wilkening

Rallying for a **CAUSE**



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The boys tennis team worked to improve the team and the community. They faced challenges head-on despite a decline in numbers.

"Considering how many players we lost as a team, I think we did good and we're going to use this season to keep growing into next season," Luis Martinez (11) said.

The team was determined during the match against Lowell, deemed "The Battle for the Wooden Racquet." The match was used as a fundraiser for Operation Combat Bikesaver, a local nonprofit that utilizes motorcycle repair as a form of therapy for veterans.

"It felt good helping out veterans, because it felt like we were giving back. Not a lot of people get to do that, and I thought it was really cool," Ryan McDaniel (11) said.

After the match, they came home with a trophy and $2,500 raised for Operation Combat Bikesaver. Some players claimed that the atmosphere of the game was more positive since the proceeds went to charity.

"I really liked what we were doing, raising money for Combat Bike Saver, so I went into the match with a really positive vibe, and pulled that with a win and even though I might not like playing Lowell very much, I still thought of it as a positive because of what we were doing," Martinez said.

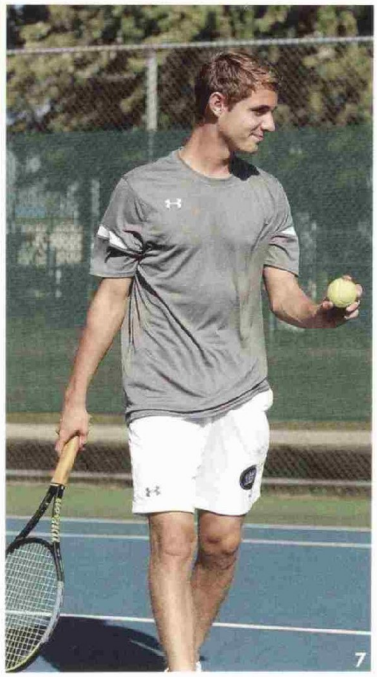
Overall, the team ranked high in the conference, with key players such as David Spriggs (10) winning first place in the #1 singles position. The team made it to the final round of sectionals before losing to Crown Point.

"It felt good to win at Crawfordsville. Especially since I was the first from LC to win the tournament and that it was my first tournament playing #1 singles," Spriggs said.

The players had many practices throughout the season to help better themselves and the team. Although the loss at sectionals was tough for the team, they still keep their hopes up for next season.

"I'm happy with our performance. It's upsetting that we didn't win sectionals, but there's always next year, and hopefully we can win," Connor Pinskey (10) said.

Boys Varsity tennis team climbed their way to the top but was defeated by Crown Point in the final match of sectionals.



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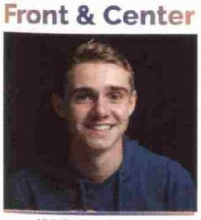
1. GAME FACE Kyle Kennedy (10) focuses as he gets ready to serve the ball over the net for the next point. His determination helped him win the next point against his opponent. "This match was a turning point in the season for me. This was definitely one of the best seasons I've ever had," Kyle Kennedy (10) said. Photo by: Taylor Anderson **2. STANDING OUT** Ryan McDaniel (11) hit the ball during a match. He has moved up to Varsity this season. "I thought it was cool, because I stood out more to the coach," McDaniel said. Photo by: Hannah Kosinski **3. LINE UP** The boys cheer on the rest of the team. They all lined up in the alley at the beginning of the match to greet their opponents, go over rules and find motivation. "If I set my mind to it, I always do it," Ryan McDaniel (11) said. Photo by: Elizabeth Sulek **4. ORDER ON THE COURT** Luis Martinez (11) prepares to hit the tennis ball over the net. He used his backhand stroke to return the ball to his opponent. "I'm happy with what we did, even though we were all disappointed with our loss to Crown Point in sectionals," Martinez said. Photo by: Hannah Kosinski **5. PEP TALK** Luis Martinez (11) and Griffen Swartzentruber (11) talk over the last point with their coach. Coach Ralph Holden, Social Studies, gave his athletes some advice for how to win the next point in their match. "I like competing and tennis is what I've chose to do that through, and I like how I've built friendships through it, and it's something that I feel like I can go far in, which is important to me," Martinez said. Photo by: Taylor Anderson **6. TEAMWORK MAKES THE DREAM WORK** Luis Martinez (11) looks back at his doubles partner after winning the point against Hanover. Martinez also won his match against Hanover. "My favorite memory was being the deciding match against Hanover and pulling out the win at the last second and going onto the sectional finals because of it," Martinez said. Photo by: Mackenzie Guthrie **7. GETTING READY** Kyle Kennedy (10) gets ready to use his forehand stroke to hit the tennis ball over the net. Kennedy continued to hit the ball back and forth over the net with his opponent. "I learned to not only work with a team, but to also work on myself and to become a better overall player myself," Kennedy said. Photo by: Mackenzie Guthrie

Front & Center



KYLE KENNEDY (10)

Why did you begin playing tennis?

I began to play tennis due to my departure from the soccer team. I think that it is a very fun sport to play, and I want to continue to improve in my playing.

How did you achieve your goals?

My goal was to represent my team well by being a hard-working player throughout the season. I believe I accomplished that goal.

What was your favorite moment?

My favorite memory of the season was making new friends and them wanting to engage and hang out with me.

STATS FOR THE SEASON

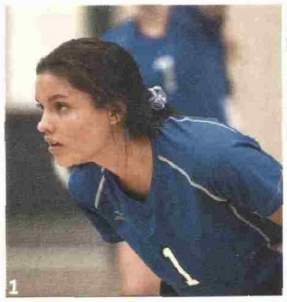
BUMP, SET, SPIKE

21 NUMBER OF GAMES WON OVER THE SEASON

13 NUMBER OF GAMES LOST OVER THE SEASON

3 PLACE THE GIRLS WON AT DAC CONFERENCE

18 PLAYERS ON THE VARSITY TEAM



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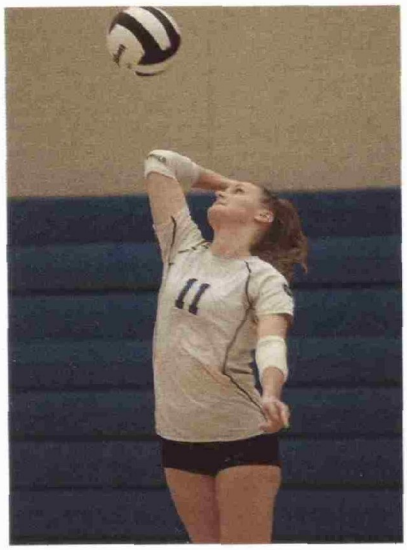
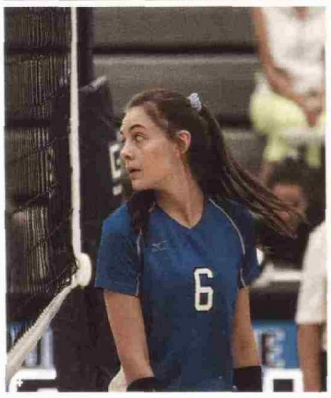


FOR THE DUB ASHLEIGH GRIFFIN (11) JUMPS UP TO HIT THE BALL. THIS IS HER THIRD YEAR PLAYING VOLLEYBALL. "THE FRIENDS I HAVE MADE ARE AWESOME. I'M REALLY GOING TO MISS THESE GIRLS," MARGARET MULLIGAN (12) SAID. PICTURE BY: JOSHUA CHEN



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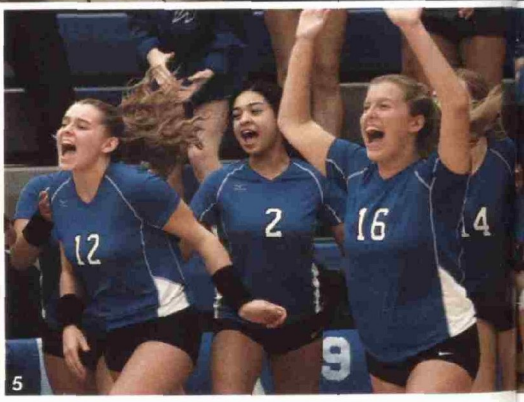

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When We Were Young

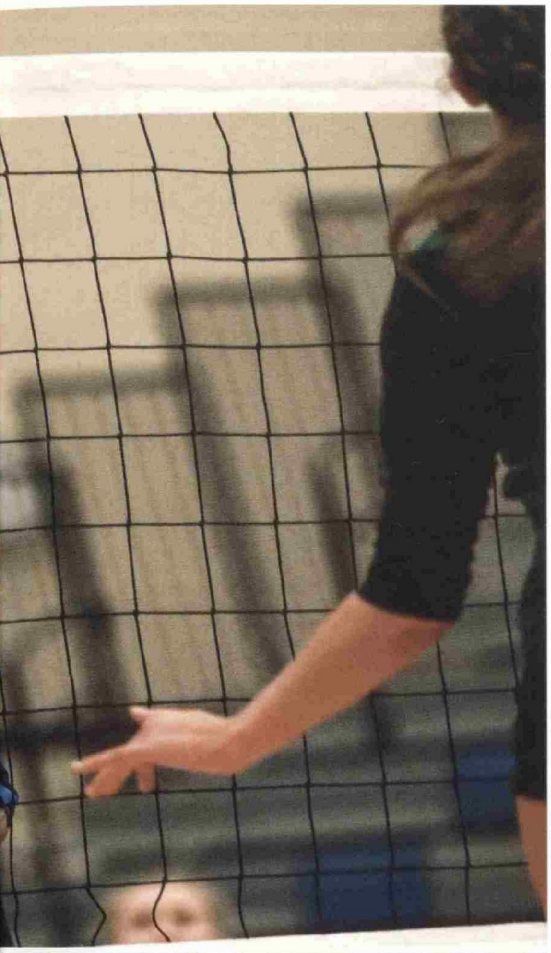
Students were asked whether or not they played volleyball as a kid.

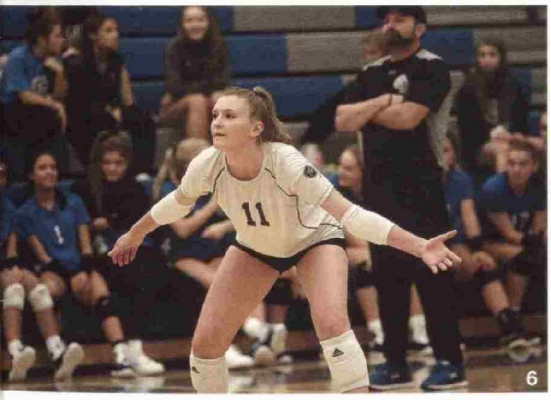
*poll out of 354 students

Page By: Bailey Egan, Emily Prince, Justyce Reed, Nitya Shah, Molly Tkach

Our Blood, Our Sweat, **YOUR TEARS**

Volleyball team ends season with 3rd place in DAC.





The Varsity volleyball team finished their fall season placing third in the Duneland Athletic Conferance championships. Leading up to that, the team worked hard for an overall good season.

"We did our job, won when we should have won, and pushed really hard against our biggest competitors like Munster and Crown Point," Margaret Mulligan (12) said.

Even though the girls faced some challenges in the beginning of their season, they worked hard to overcome their weaknesses and improve together as a team.

"At first we had a really slow start putting together offense and defense, but towards the end of the year we started working together and we came out with more wins," Katharine Mahoney (11) said.

The team spent time working to improve their connection on and off the court. Players attended meetings and practices together and worked towards positive relationships.

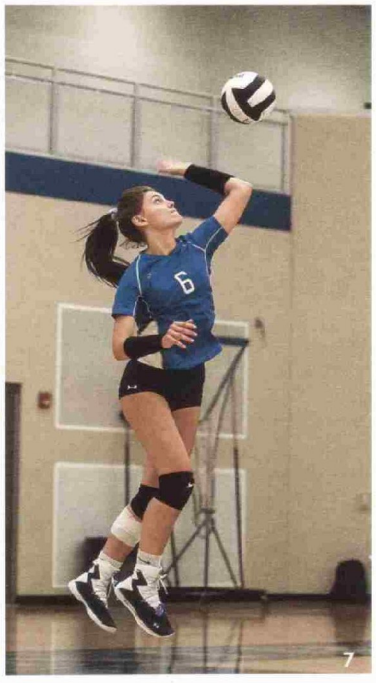
"Our coach really pushed us to do a lot of team bonding, and we had team meetings where we would just talk about things, so that helped," Emilee Marten (10) said.

Throughout the season, the team spent a lot of time together working toward a common goal, which also helped their bond become stronger, and allowed them to make unexpected friendships.

"Volleyball is not all about winning. I love playing with all my friends; we all get so close over the season, it's fun to have something after school with your friends." Lily Robinson (11) said.

The freshman and JV team looked up to the seniors, not only for their skills but for the devotion they had to each other. Younger players viewed the upperclassmen as mentors and valued the friendships formed just from being on the team.

"For school ball, I love getting to know all the other girls. It helps build a lot of strong relationships and friendships, especially with a lot of upperclassmen that you wouldn't know without that sport being there," Marten said.



1. LET'S GO Vanessa Anaya (12) waits for the opposing team to make their next move. She helped the team win this point. "I love playing with all my friends, we all get so close over the season , it's fun to have something after school with your friends," Lily Robinson (11) said. Photo by: Joshua Chen **2. ALL SET** Josephine Mulligan (11) strikes the ball to the other side of the court. Mulligan has been apart of the school's volleyball teams for three years. "I think the season went really well and that we have a lot to improve on and next year is going to be even better," Katharine Mahoney (11) said. Photo by: Joshua Chen **3. ALL IN** Katharine Mahoney (11) and Margaret Mulligan (12) jump up to block the ball. They scored a point for their team. "My favorite part is that all the girls on the team are super nice and we all play really well together and it's just a good atmosphere" Mahoney said. Photo By: Joshua Chen **4. JUST TO MAKE SURE** Josephine Mulligan (11) looks back to the opposing team. The bond between the girls on the team are unbreakable. "I'm really going to miss these girls because I am probably going to go to college and I'm not going to see them everyday," Margaret Mulligan (12) said. Photo by: Joshua Chen **5. ALL CHEERS HERE** Madeline Bailey (12) and her teammates jump and scream during a game. They were excited about scoring a point. "My favorite part was just being with the girls. It was always just so fun being around them," Maddie Bailey (12) said. Photo by: Joshua Chen **6. GETTING READY** Ashleigh Griffin (11) gets ready to receive the ball. Griffin played the positions libero and defensive specialist for the varsity team. "It wasn't our best start but we definitely finished the season like we wanted to," Griffin said. Photo by: Joshua Chen **7. JUMP UP HIGH** Josephine Mulligan (11) jumps up to hit the ball. She was able to win this point for her team. "My favorite part is the bond between the girls on our team, and the feeling we all get when we win a game," Josephine Mulligan (11) said. Photo By: Joshua Chen

Front & Center

EMILEE MARTEN (10)

How do you think the season went?

I think [the past season] wasn't bad. We had a couple ups and downs throughout the season, but I think all of us learned a lot, and we came together as a team.

How long have you been playing?

I've been playing since I was six because my older sister played, so I was always around the environment.

What were some challenges you faced?

I have medical problems with my knee, so that always seems to flare up whenever the season starts, but as a team, I think we just had a hard time coming together."

No Pain, NO GAIN

Varsity wrestling season comes to an end with many personal and team goals met.

When it comes to wrestling, many team members say that they take it very seriously. From jumping jacks to talking to coaches, some wrestlers have pre-match rituals that they do in order to warm up before a match.

"When I prep for my matches, I start bouncing around and doing jumping jacks. I'll start getting myself angry so I perform better and have a real reason to get intense," Seth Garcia (11) said.

With seven wins in the season, the wrestlers still hope to improve. The team takes constructive criticism will them hopes for improvement in their next meet. According to the wrestlers, setting individual and team goals and putting in the time helps them become more advanced.

"The biggest challenge can also be ourselves because we get in our way and we also lack the aggressiveness that we should bring onto the mat," Garcia said.

Training and being on the mat is typical for some of the wrestlers, who have been on the team for well over four years. Some even relieve stress and tension through practicing.

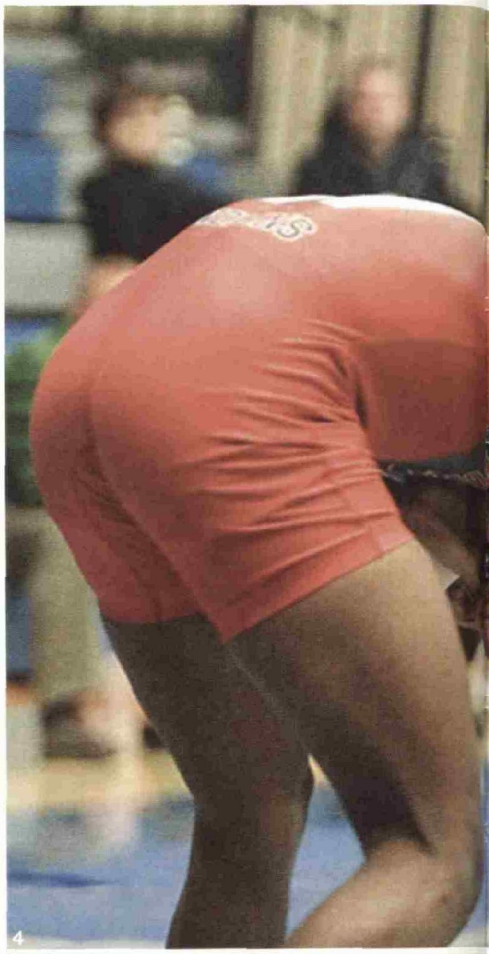
"My favorite part about the practices is to just be around people. I don't hang out on weekdays because of school, so wrestling helps me relieve all of the stress," Chris Cortez (10) said.

Some of the wrestlers have their own techniques to help prepare for their matches.

"What I like to do sometimes before my matches is shadow wrestle to try to get my footwork down," Garcia said.

The wrestlers have different ways of coping with losing a match. Some wrestlers, like Cortez, use losses as a learning experience. They have learned how to cope with a loss and turn into something to learn from.

"When I lose a match, I deal with it. I feel angry, but I don't to show it. I try to learn from my mistakes fix it next," Cortez said.



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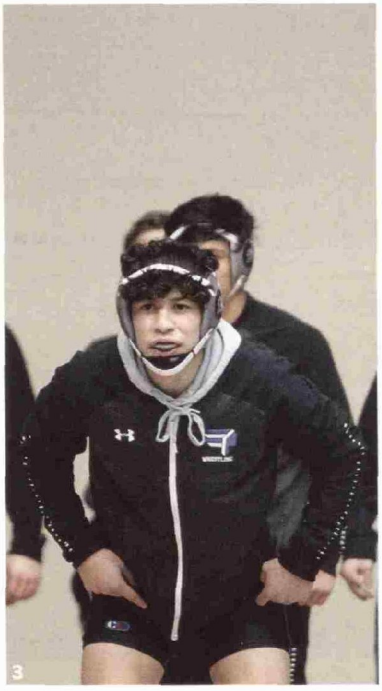

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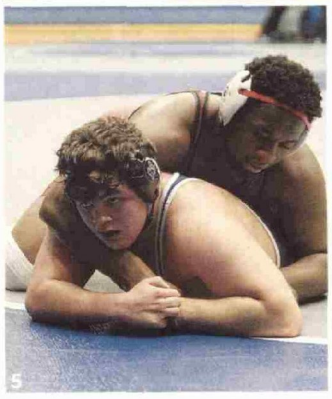

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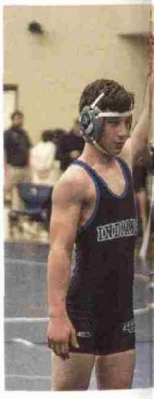
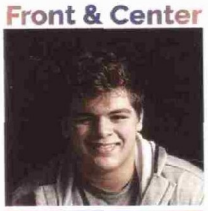


1. EVERY SECOND COUNTS Michael DeGrado (10) pins his opponent down on the mat in the Lake Central gym. DeGrado's teammates watched him from the sidelines. "My favorite part about being on the wrestling [team] are my teammates. I jump around and get mentally prepared before starting a match. I only think about wrestling," DeGrado said. Photo by: Isabella Villarreal **2. HOLDING THE FORT DOWN** Chris Cortez (10) holds his opponent down from behind. Lake Central won this meet against Laporte 42-35. "The goal is to win sectionals as a team and then to go down all the way to state. My personal goal is to make it to state," Cortez said. Photo by: Isabella Villarreal **3. WATCHING CLOSELY** Isaiah Ponce (11) encourages his teammate during a match. His teammate ended up winning the match. "The goal is to win sectionals as a team and then to go down all the way to state," Chris Cortez (10) said. Photo by: Emily Prince **4. PINNING THE COMPETITION** Jacob Sues (10) prepares to take his opponent down during a home meet. Lake Central wrestled the Portage Indians on Jan. 22. "I had to come back and wrestle tough since he beat me in DAC," Sues said. Photo by: Emily Prince **5. KEEP YOUR HEAD UP** Seth Garcia (11) looks to his coaches for direction on his next move. The meet was held on Jan. 22. "Our biggest goal is beating sectional championships," Devyn Moore (9) said. Photo by: Emily Prince **6. FROM BEGINNING TO END** Dylan Mullens (10) is announced winner of his match on Jan. 20. Lake Central competed in a tournament with multiple teams, including Highland. "We've been beating some of the best kids," said Seth Garcia (11). Photo by: Caleb Chen **7. FROM BEGINNING TO END** Seth Garcia (11) on top of his opponent and holds him down. Garcia is passionate about wrestling and takes the sport seriously. "My favorite part about being on the team is just participating. Not only are my teammates good teammates, but I just love to wrestle," Garcia said. Photo by: Isabella Villarreal

Front & Center



SETH GARCIA (11)

What's the best part about practices?

"There's no fun thing about conditioning, the best part would be after winning a match. All of our hard work and drilling came into effect."

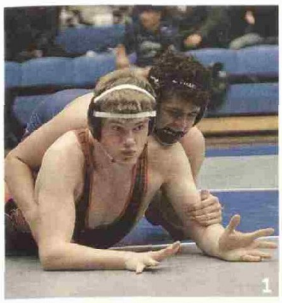
What are some challenges?

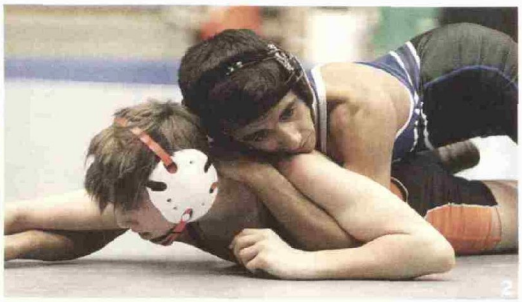
"We have tough competition. We also tend to get in our heads and hesitate. In wrestling you can't hesitate otherwise you will lose."

How do you deal with losing?

"To me, wrestling is fighting, and when I lose, it's the same thing as losing a fight. I try and do whatever I can to make sure my opponent remembers my name."

Page By: Jake Mebok, Emily Prince, Justyce Reed, Molly Tkach and Jordan Znosko





PIN IT TO WIN IT

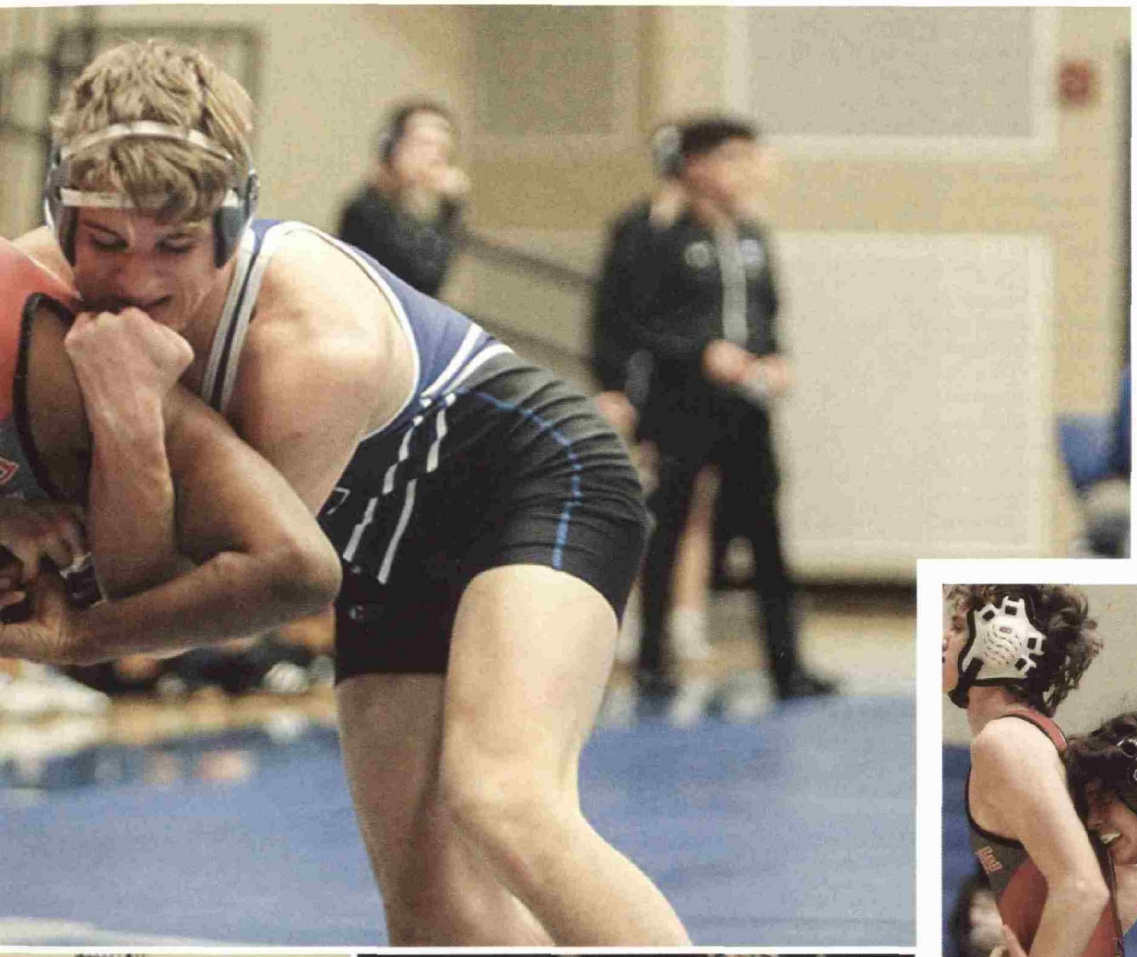
BATTLE ON THE MATS

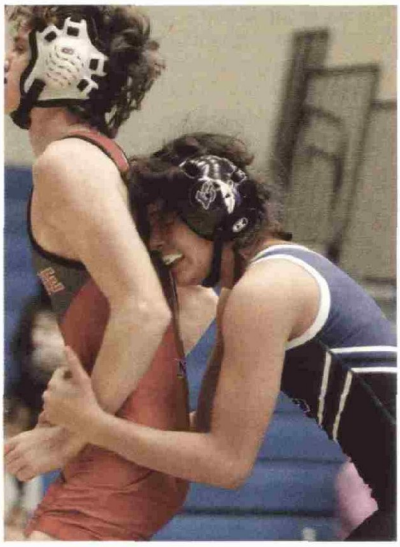
18 PLAYERS ON THE *VARSITY WRESTLING* TEAM

7 MEETS WON IN THE SEASON

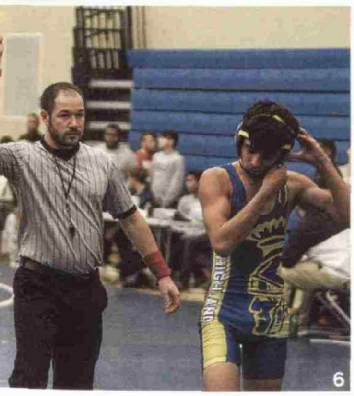
6 MEETS LOST IN THE SEASON

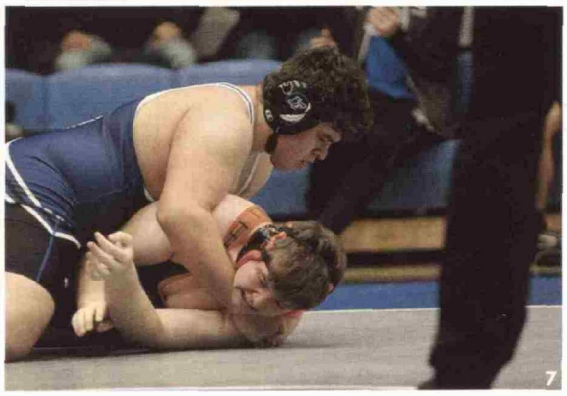
3 MONTHS IN THE TEAM'S SEASON





PUSHING THROUGH DEVYN MOORE (9) GRABS HER COMPETITION. SHE IS THE ONLY FEMALE ON THE TEAM. "SOME CHALLENGES WE'VE FACED THIS SEASON IS THE COMPETITION WE'VE BEEN BEATING SOME OF THE BEST KIDS," SETH GARCIA (11) SAID. PHOTO BY: EMILY PRINCE





Tackle Time

Do you think more girls should be on the wrestling team?

18% no	82% yes

*poll out of 502 students

Going the DISTANCE

The Varsity Cross Country team has strived to meet all their goals this season

For sports teams, accomplishing goals is one of the important things that players value. Athletes work long and hard throughout the season to succeed in meeting those goals. For varsity cross country, one of the most important goals this season was to make it to state, and they did just that. The team also hoped to place at the state level.

"Post season has been very successful. Getting top ten in state is our biggest goal to accomplish, maybe even higher," Natalie Kransky (9) said.

Individual goals are also a very important factor in cross country. Although it is a team sport, in the end, you run by yourself. If the girls goals are high, it helps the team succeed. Each girl had different goals that they thought would help the team come together overall.

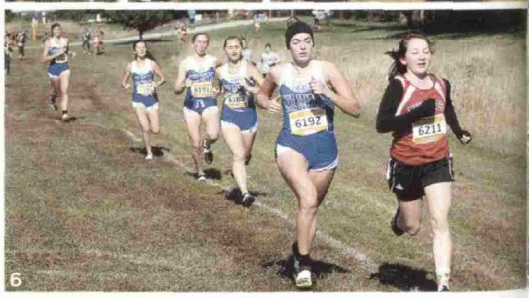
"My goals for this season are to make it to state and to just do as well as I can. I had to come back from not running for two weeks so I'm trying to get back into the running mindset." Lillian Zubeck (12) explained.

Varsity meets include sectionals, regional, semi state, and state. These are the most important meets of the year, so it is expected that the pressure is raised. Many girls get more competitive during this time, and the coaches are always pushing them to run faster and work harder.

"There is definitely more pressure, but it helps to build your adrenaline to race faster. It can be very nerve wracking at times because the competition is very high." Carly Davis (10) said.

Running together every day allows the girls to become family. Many of the girls get more than just running out of their season. The team is together almost everyday, which causeses them to form very close bonds with each other.

"I hope to take away the competitiveness of the season and bring that back next year. The bonds that I have made throughout the season with the people on the team is just really encouraging. I would also like to take away all of the memories of the wins and accomplishments I have achieved this year." Emily Thomas (11) said.



1. NEVER LOOKING BACK Emily Thomas (11) runs on her own toward the end of the race in the girls cross country regionals. Thomas placed 12th in the 5,000 meter race with a time of 20:44.7. "I think I competed hard and gave it my all," Thomas said. Photo by: Mia Born **2. UPHILL BATTLE** Coach Morgan Kleinaman, Prefer 1st grade, holds up the team's 1st place Sectional trophy. The girls raced in their sectionals meet on Saturday Oct. 12 in Highland. "We definitely would've liked to be regional champs, but regional runner-ups is quite the accomplishment." Coach Kleinaman said. Photo by: Brian Scott **3. STRIVING FOR GREATNESS** Lillian Zubeck (12) completes the final steps of her race at Sectionals. The girls came in first place with six girls finishing in the top 10 of the race. "I thought I did so well at this race because I pushed myself to be the best I could," Zubeck said. Photo by: Brian Scott **4.PUSHING THE LIMITS** Lillian Zubeck (12), Abigail Martisek (11), and Carly Davis (10) run in a group during the race. Zubeck placed 14th in the race with a time of 20:57.6. "A lot [of thoughts] go through my head from start to finish. While racing, I just think of moving up spots before the finish line," Davis said. Photo by: Mia Born **5. RACING MENTALITY** Hannah Roth (12) and Taylor Kosiek (10) start their race. Both girls placed in the top 10 at Regionals. "I was pretty nervous because State is a huge meet and a lot of our competition was there," Roth (12) said. Photo by: Brian Scott **6. STICKING TOGETHER** Lillian Zubeck (12), Abigail Martisek (11), Emily Thomas (11), Carly Davis (10) and Rachel Kujawa (12) race to finish with a successful time. These girls completed their final sprint at Regionals, helping the team win second place. "I was very happy to be finished but then I grew sad because it was my last race," Zubeck said. Photo by: Brian Scott **7. THE BEST OF THE BEST** Hannah Roth (12) strives for first place at Regionals. Hannah placed 4th, finishing with a time of 19:45.4. "My drive is to be the best runner I can be and to do the best I can," Roth said. Photo by: Mia Born

HOW DID YOU FEEL AFTER A RACE?

"After a race, I feel exhilarated. My heart is pumping fast and I feel happy that my race is over. If I ran good, then I talk to my parents."

ABIGAIL MARTISEK (11)

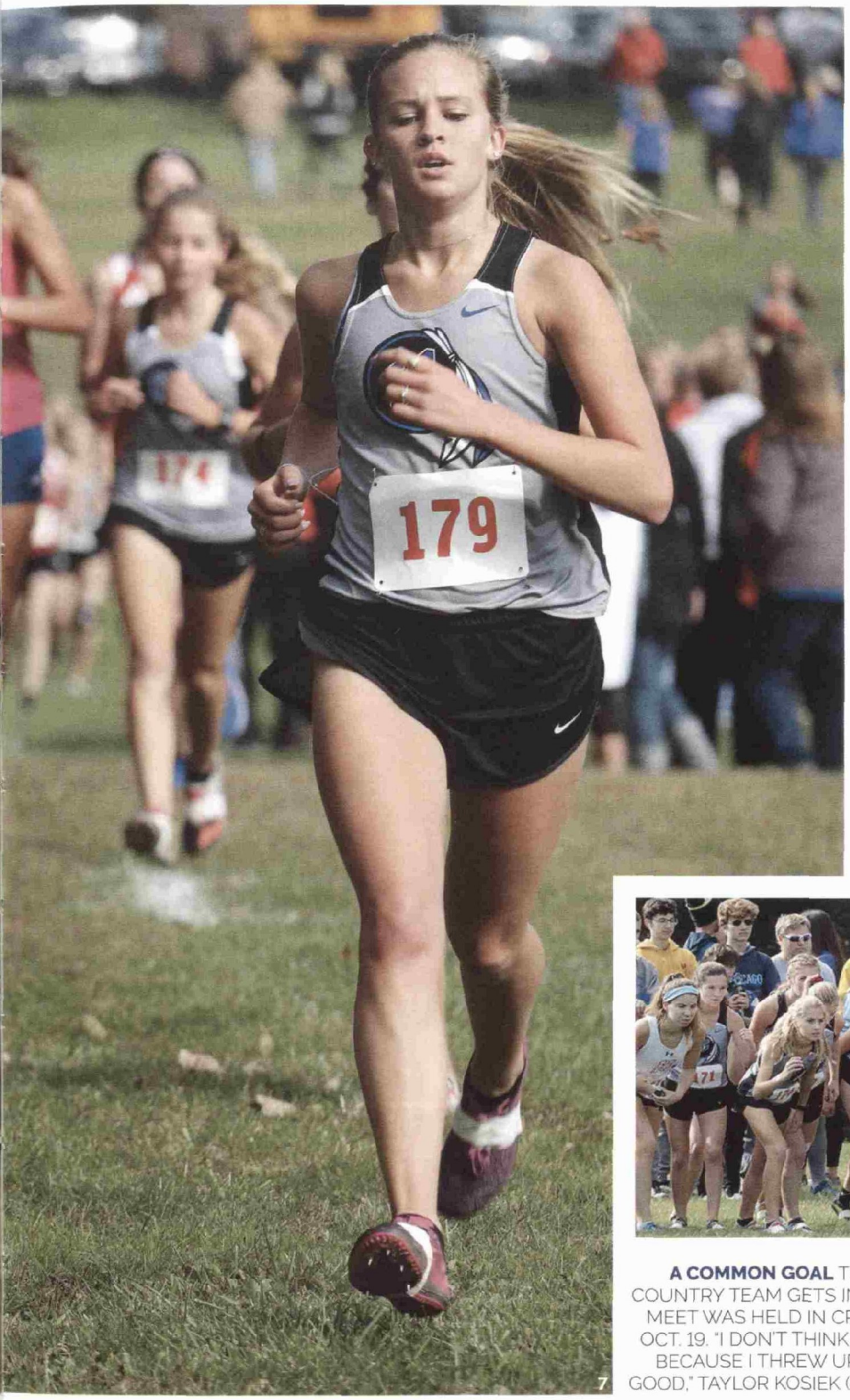
"I feel happy that the race is over. I feel like everybody's watching me and it is a really weird emotion. I love the feeling you get after a race."

KYLIE CARROLL(10)

"My body is very tired that after I cross the finish line I need to regain my breath and I feel like a wight has been lifted from my shoulders."

CARLY DAVIS (10)

Page By: Mia Born, Olivia Figg, Jade Mehok



STEPS TO SUCCESS

THE RACE TO THE FINISH

7 PEOPLE THAT RUN EVERY MEET

12 PEOPLE ON THE POST SEASON ROSTER

18 MINUTES, 56 SECONDS IS HANNAH ROTH'S *PERSONAL RECORD*

19 MINUTES, 40 SECONDS IS NATALIE KRANSKY'S PERSONAL RECORD

A COMMON GOAL THE GIRLS' VARSITY CROSS COUNTRY TEAM GETS INTO THEIR RACE STANCE. THE MEET WAS HELD IN CROWN POINT ON SATURDAY, OCT. 19. "I DON'T THINK I COMPETED HARD ENOUGH BECAUSE I THREW UP AND MY STRIDE WAS NOT GOOD," TAYLOR KOSIEK (10) SAID. PHOTO BY: MIA BORN

"If it is a good race, then I will be really happy and I won't be able to stop smiling. If it is not the best race, I usually don't want to talk about my race but I try to find out if others have a good race."

LILLIAN ZUBECK (12)

"After a race, I feel relieved and I like to reflect on my race to know what I need to change for next time. My parents are always at the finish line, and I love that."

TAYLOR KOSIEK (10)

"After a race, I am very happy because I get this runners high that is undescribeable. I also figure out what needs to be fixed so I can be better next week."

RACHEL KUJAWA (12)

Under The Weather

Runners have preferences on whether they like to run in the hot or cold.

*poll out of 12 cross country members

Teamwork Makes the DREAM WORK

The boys Varsity cross country team's hard work and tight bond lead them to state.

Three miles per meet, eight meets completed, advancing through sectionals, regionals and semi-state. The boys Varsity cross country team spent their season devoting countless hours to their sport, earning them the success they faced throughout the way.

"This season, a lot of the younger guys and the newer guys stepped up. Three of the kids on our Varsity team were not even close last year, and now they are part of our top twelve. I was happy to see the improvement," Zakariah Mohiuddin (11) said.

With several new kids running on the Varsity team and new runners joining the overall team, building a relationship between the teammates helped with the development of their overall success. Having weekly get-togethers, daily practices and close bonds between teammates helped motivate the team to do their very best, both on and off the course.

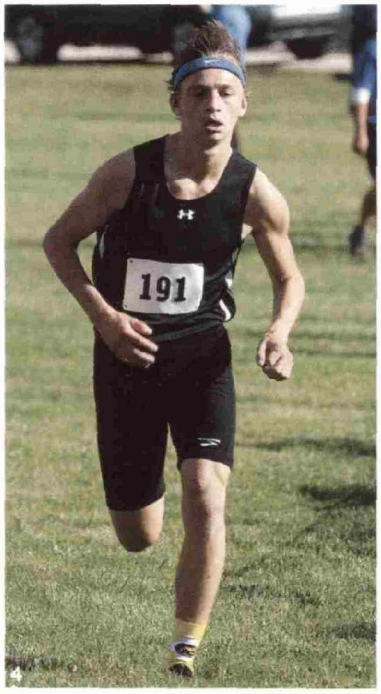
"Every Thursday, we had a pasta party where all the team members got together. We all ate pasta while talking and having fun," Mohiuddin said.

While team bonding is a large part of doing their best, there are also other motivations that helped the team during the season. Some of these motivations included their pre-meet routines.

"I take a supplement called GU, it's caffeine and amino acids and it basically helps me run at a higher caliber without any training benefits, I roll out extra from what our team warmup is, and I tend to do a couple more plyometric drills than our usual warm up," Alekzandr Rhody (11) said.

When some people think about success they think practice, but the team has proven that it can go far beyond that. Having a successful season is something that many sports teams strive for, and the cross country team was no stranger to success.

"I think that the team did a good job this season, even with being down myself and another runner from Varsity last year. We still managed to place well in events and make it to state," Rhody said.



1. RUNNING WITH RHYTHM Caden Cooper (12) speeds toward the finish line at Sectionals, focusing on keeping his pace. The runners had to face the cold and muddy conditions the day brought them. "Sectionals was fun, cold, and muddy," Cooper said. Photo submitted by: McKenzie Schilling (11) **2. PUSHING FORWARD** Vincent Vanderveen (10) focuses on his steps while running to the finish line at IHSAA Sectionals. Vanderveen placed 5th with his hard work. "I was happy to have a big jump from last year getting 18th, this year getting 5th," said Vanderveen. Photo submitted by: McKenzie Schilling (11) **3. DYNAMIC DUO** Zakaria Mohiuddin (11) and Logan Russell (11) run around the corner of their Sectional meet at Lemon Lake. The team placed first out of 15 teams, allowing them to move on to Regionals. "Lemon Lake was my hardest course, but wanting to stay with Logan really pushed me through the race," Mohiuddin said. Photo submitted by: McKenzie Schilling (11) **4. AHEAD OF THE PACK** Trey Scheub (10) races ahead of surrounding runners from a variety of different schools. The team competed at Lemon Lake as part of their Sectional competition. "The course was a bit rough and muddy which made it difficult to run," Scheub said. Photo submitted by: McKenzie Schilling (11) **5. SPRINTING TOWARDS THE FINISH LINE** Kaden Smith (9) races ahead of Highland at Sectionals. Being a freshman didn't stop Smith from holding his own on the course. "I thought it was one of the hardest courses we did all year," Smith said. Photo submitted by: McKenzie Schilling (11) **6. STEP BY STEP** Trey Scheub (10) sprints at Sectionals to try and pass his competitors. Keeping the same routine helps Scheub perform his best. "I do the same thing every night, and I eat the same thing. I never do anything different," Scheub said. Photo submitted by: McKenzie Schilling (11) **7. BETTER TOGETHER** Members of the boys Varsity cross country team pose for a photo during Sectionals. The team grew close throughout the season and were able to make it to State. "The course overall was a little muddy and it was cold, but I had teammates to run with, so they always keep my mindset in check during races," Vincent Vanderveen (11) said. Photo by: Brian Scott

WHAT WAS YOUR **FAVORITE MEMORY** OF **THE SEASON?**

"My favorite memory of the season was going to Zakaria [Mohiuddin (11)]'s pasta party because we were able to bond as a team."

HAYDEN PODLIN (11)

"My favorite memory was making it to State. We were all so happy and had tears in our eyes because we achieved our big goal."

CADEN COOPER (12)

"My favorite memory was my pasta party because we played the Wii and it was a great bonding experience."

JORDAN DUGGAN (11)

"My favorite memory of the seaon was my teammates because they kept me motivated."

KYLE BIRGEL (10)

Page By: Annika Gorney, Teagan Lollis, Nitya Shah and Morgan Taylor

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TRAINING FOR FIRST

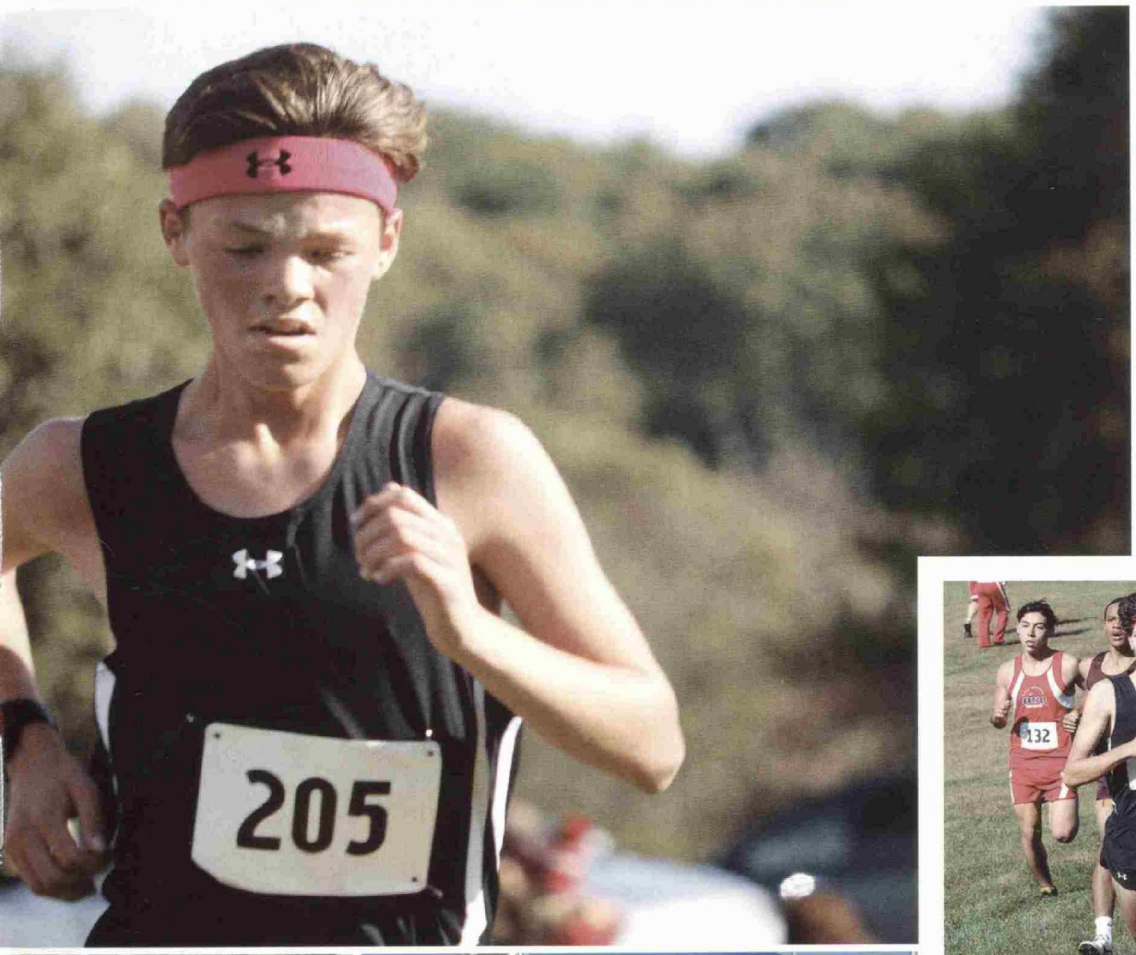
RACE TO THE FINISH

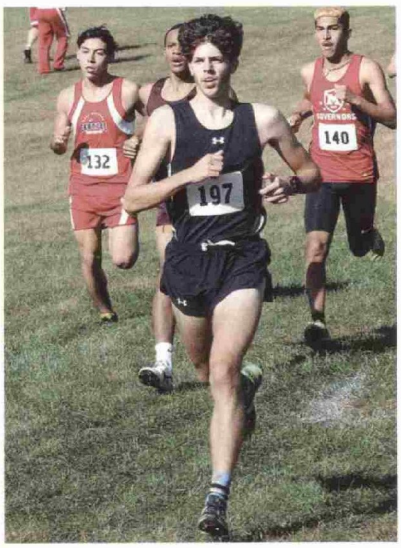
12 RUNNERS WERE A PART OF THE BOYS VARSITY CROSS COUNTRY TEAM

7 RACES WERE PLACED FIFTH OR HIGHER BY THE TEAM

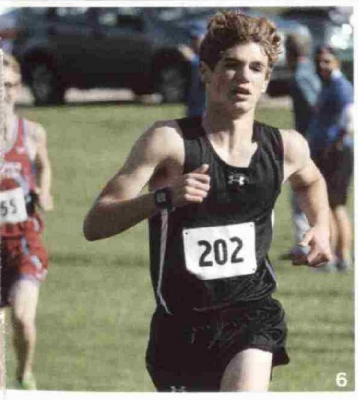
12 RACES WERE RAN BY THE TEAM DURING THE SEASON

11 HOURS A WEEK WERE SPENT BY THE TEAM PRACTICING





EARLY START HAYDEN PODLIN (11) TAKES OFF RUNNING REGIONALS. THE TEAM WAS ABLE TO ADVANCE ON TO SEMI-STATE. "OUR SEASON WENT WELL. WE WORKED AS A TEAM AND GOT TO STATE," KYLE BIRGEL (11) SAID. PHOTO SUBMITTED BY: MCKENZIE SCHILLING (11)



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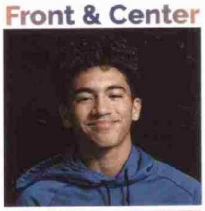
"My favorite memory of the season was going to Zak's pasta party."

ALEKZANDR RHODY (11)

"My favorite memory was the pasta parties. We formed a group with the freshmen in the center and discuss things we can do better."

TREY SCHUEB (10)

Front & Center



JORDAN DUGGAN (11)

What got you into cross country?

"My friend Alekzandr Rhody [11] told me to do cross country because he saw potential in me and he took me under his wing. I started getting better and better and I started to like the sport."

What was a strength the team had?

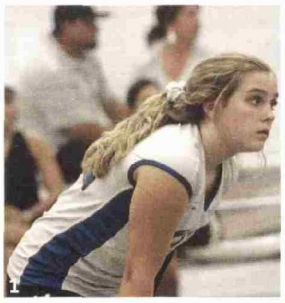
"I feel a strength of our team is that we have a really tight bond and that motivates us to push each other every race. We have a rotation in the top four so we don't have one specific guy always winning."

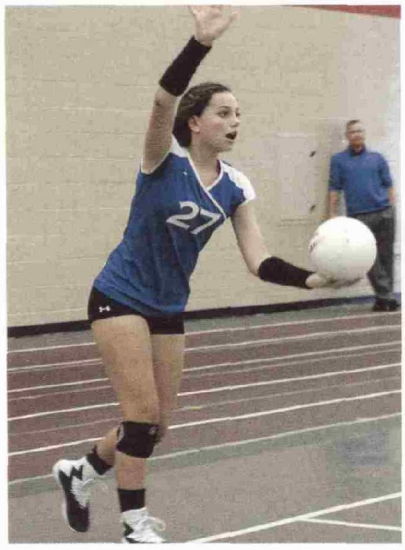
What was your favorite memory?

"I think the best memory of the year was the meet at Harrison. I [got a new personal record] and had a great race. It was also fun afterwards because the race was on Homecoming."

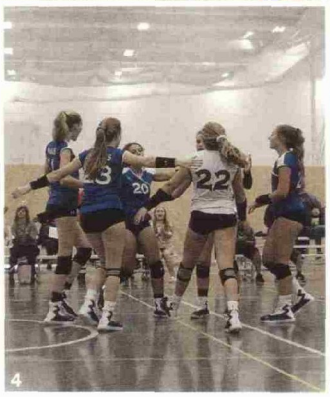
Do you Think Enough People Attend JV Girls Soccer Games

Out of 397 People Polled





SETTING HIGH STANDARDS ADELINE DRAKE (9) PREPARES TO SERVE THE BALL OVER THE NET TO THE OPPOSING TEAM. THE GIRLS WON THE MATCH AGAINST CROWN POINT. "I FEEL THAT I PLAYED WELL AND I AM GLAD I GOT TO HELP MY TEAM." DRAKE SAID. PHOTO BY: HAILEY PRASOPOULOS



WHAT ARE YOUR OPINIONS ON **FRESHMAN VOLLEYBALL?**

"I loved the bond we had as a team and the fact that it gave me new friends and people to relate to."

JILLIAN SANDOVAL (9)

"I like volleyball here because it seems like everyone is close and has a good bond together."

ALANA TAYLOR (11)

"I like Lake Central Volleyball because a lot of my friends play and I always support them."

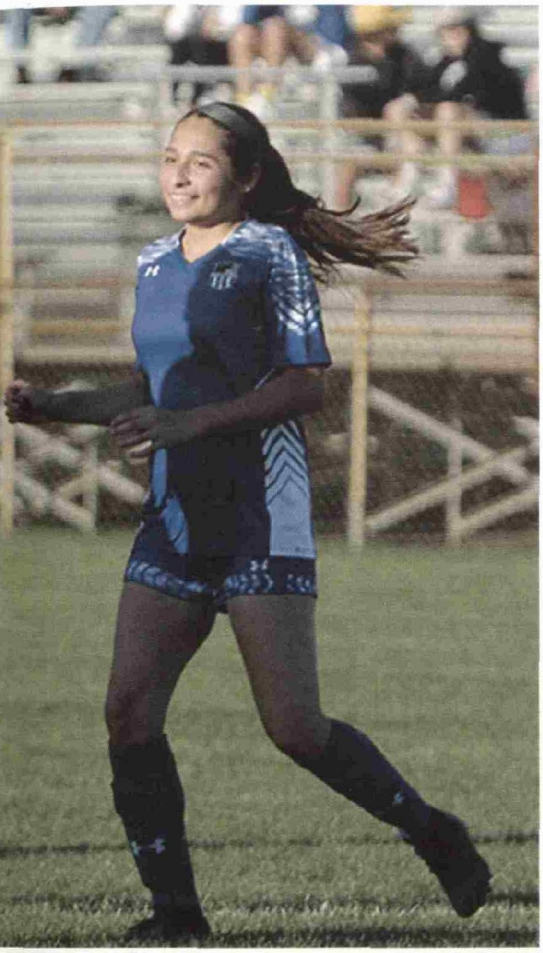
KALLI BLAKENSHIP (12)

"I like how everybody on the team is very close with eachother. That really shows on with the court."

KATHARINE MAHONEY (11)

Page By: Mina Cardenas, Luke Hamilton, Hailey Prasopoulos, Alexandra Rigg and Nitya Shah

The True Meaning of **TEAMWORK**



JV soccer girls reflect on their growth as a team with the season's ending. Over the course of the three months they learned teamwork and how to be proud of their small victories. They grew as individuals, which helped them succeed together."

"Despite some tough losses we also had good wins that kept our confidence up," Erin Mauder (9) said.

The team had specific routines that they would do before games to get them excited to perform their best.

"Before games we would play music, dance and sing to get us pumped up. We always came together in a circle before and talked about game strategies to get ready for the 80 minutes to come," Sophia Hoyda (11) said.

The girls describe the team cannot be a single individual. Everyone's part counts. Therefore the girls truly show the family environment that they create for each other.

"Like all sports, soccer isn't fully based off of skill or dedication, as an individual. It's based off the willingness to endure it all together. One thing that our coach has stressed throughout the season is that we are a Lake Central Soccer family on and off the field," Lauren Prasopoulos (9) said.

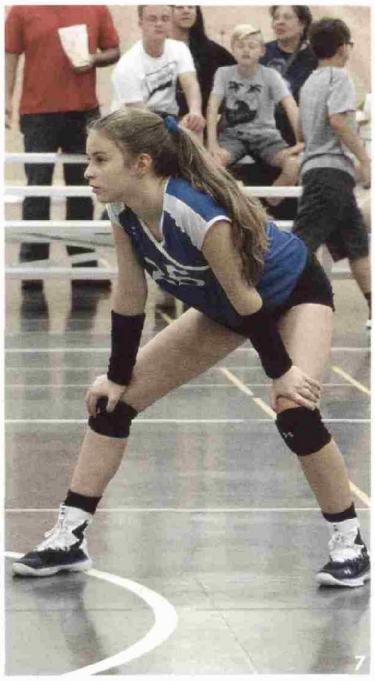
The girls had solid leadership and communication skills which provided them with scoring opportunities to aid in their success.

"We had good leaders in the center of the field that were able to move the ball to our wide midfielders or to our forwards, which gave us scoring opportunities. Our team bonded really well throughout the season. We are a family," Mauder said.

Throughout the season they did struggle with finishing some games. In the end the girls learned the true meaning of dedication to the sport.

"I believe that overall our season did have some bumps in the road, but it was nothing we couldn't handle. High school soccer has taught me that 'winning' means more than just dominating games. It means dedicating yourself to the sport and working together to achieve your goals," Prasopoulos said.

The Junior Varsity girls' soccer team pushed through another successful year.



1. BREAKS FOR IMPROVEMENT Katelyn Ruse (9) takes a break in between serves. The girls later won the game, continuing on through their undefeated season. "Some things I would change are missing less serves and being louder on the court. Overall though, I am very proud of my team," Ruse said. Photo By: Eden Schilling **2. DECISIONS FOR IMPROVEMENT** The JV girls gather on the field while a player from Michigan City was hurt. The players met with each other to see what they could do next to improve in the game. "During the game we usually talk about our own weaknesses and how to fix them ourselves," Viviana Lomeli (11) said. Photo by: Hailey Prasopoulos **3. A CLOSE BOND** Sophia Hoyda (11) scored a PK, this is her first goal of the season. Hoyda continued to be a defender, like her previous seasons. "In jv, the older players stepped up and helped the younger girls recognize what it really means to be on a team and put in effort," Hoyda said. Photo by: Hailey Prasopoulos **4. A LOVE FOR THE GAME** The team comes together after winning a rally. The girls were so proud of each other for their hard work. "During the game we all came together well and finished the game with no setbacks. On the court we focused on the game and each other which is why I love being on the team," said Jillian Sandoval (9). Photo By: Eden Schilling **5. DRIBBLING FOR THE GOAL** Lauren Prasopoulos (9) dribbles past the opposing defender. Prasopoulos crossed the ball to her teammate who made a shot in the goal. "Personally at a young age I never knew that having a competitive mindset can get you far, but it really does work for motivational purposes after all," Prasopoulos said. Photo by: Hailey Prasopoulos **6. STARTING IT OFF RIGHT** Gabrielle Murks (10) and Rylie Szostak (12) run up to each other excitedly. Murks scored a goal for Lake Central previously. "We did have our ups and downs, just as every team does, but personally I believe that overall it was a pretty great season, and an even better one to start off my high school career," Lauren Prasopoulos Photo by: Hailey Prasopoulos **7. SERVE EM UP** Samantha Toglmen (9) takes a break as she waits for her opponent to serve the ball over the net. Crown point lost possession of the ball and the Indians continued to dominate the court. "During the Crown Point game we communicated a lot which helped us thrive. Photo By: Eden Schilling

"I like their bond that they have as a team and how they dress up at school for their tournaments."

ABBEY ZARLENGO (10)

"I like Lake Central Volleyball because they have a really good team dynamic and the games are super exciting to watch."

BROOKE CZAJA (12)

Front & Center

ADELINE DRAKE (9)

Who were the key players on the Freshman VolleyballTeam?

Katelyn Ruse (9) was one of our key players for the season. She player her position really well and had great communication skills.

What are your pregame rituals?

For good luck, our coach would wear the same scrunchie to every game. We belived it worked because we were undefeated.

What are some of your teams strengths?

Our team got really close because of your wins, so we trusted eachother, communicated well and always had fun on the court.

Taking the Field
BY STORM

Freshmen and JV football powered through the season

Although the start of the school year means the end of summer break, it also means football season is in full swing. For some students and athletes, football games are a great way to connect with friends and cheer on the team as they try to put their best foot forward for the current season.

"Playing JV football is a lot of fun. The atmosphere is nice and you get closer to a group of guys compared to being on the Varsity team. My favorite part is honestly just the experience and the games are always fun," Tyler Wellman (10) said.

From conditioning to games and everything in between, struggles may arise for players during the season. Athletes may have difficulty finding a balance between their academics and their sport as far as choosing which to dedicate time to when. Finding time to be both on the field and behind a book can be challenging, but hard work can always be rewarded with experience.

"The hardest thing was definitely learning how to balance my schedule between football and school. I definitely felt overwhelmed sometimes, but in the end it's always worth it," Jacob Reed (9) said.

A team's bond can help significantly when it comes to game time. Close relationships both on and off the field can allow teams to play better together and make lasting friendships. Having reliable teammates can assist in consoling a player through the tougher moments of the season.

"The hardest thing about this year was the tough losses and close games, but the team is very close. We have a special bond and we always have each other's backs," Wellman said.

Overall, the Freshman and JV football teams were able to experience success throughout their seasons. The bonds the players created along the way can allow them to create goals for future seasons.

"I thought this season went really well. We had a winning record and we bonded a lot, even with new people from different states. We got to compare how other people played and it really motivated me to be a better player," Amari Hawkins (10) said.

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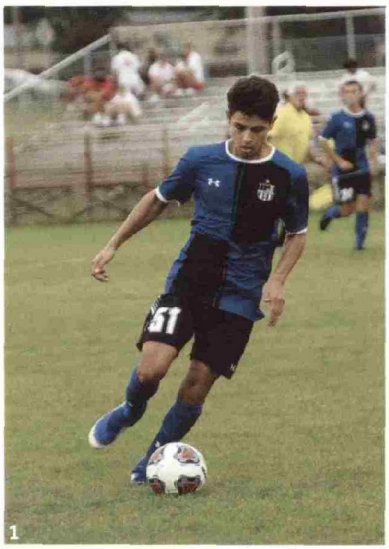
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1.ALL THE POINTS MATTER Anthony Avecillas (11) kicks the soccer ball towards the goal. Avecillas successfully made the goal, scoring a point for the team. "I was dribbling up the box and then one of the players made a mistake and I took the ball right from them, then I scored," Anthony Avecillas (11) said. Photo by: Kelly Hayes **2. TEAM BONDING** Ricky Guerrero (11), Desmonn Smith (12) and Ryan Foster (12) huddle together with the rest of the team. They listened to the coach's speech on how the game should be played. "Gathering as a team is just a norm during games and practice. It is a time for the coach to give us plays and what we need to improve upon," Ryan Foster (12) said. Photo by: Lilianna Schroeder **3.FIGHTING UNTIL THE LAST MINUTE** Mathew Schwer (11) fights against his opponents in pursuit of the soccer ball. He gained the possession shortly after. "Every score matters, it all adds up. In the picture, I was fighting for the ball with two opponents on me. Every time I am fighting for the ball I play like there is only minute left in the game," Mathew Schwer (11) said. Photo by: Kelly Hayes **4. OUTNUMBERED BUT DETERMINED** Anthony Avecillas (11) kicks the ball away from the opposing team. He kicked the ball down the field passing it to another team member. "The ball came to me I tapped it up in the air with my knee. Then these two kids basically pancaked me then they fouled me," Avecillas said. Photo by: Hailey Prasopoulos **5. SECURE THE SHOT** Hristian Petreski (10) dodges his opponents and kicks the ball down the field. The team worked together in order to keep the ball away from Munster's team. "I was going to my right to get away from the defender and find one of my teammates or get a shot on goal," Petreksi said. Photo by: Hailey Prasopoulos **6. TOO HYPED** Members of the JV football team get pumped up during a game. The team huddled together getting ready for their next play. "Before every game, the team likes to get hyped and pumped. It encourages everyone on the team to have the right mind set before entering a game," Desmonn Smith (12) said. Photo by: Maisie Westerfield **7. GAME FACE** Sam Richter (11) stands on the sidelines of a game against Valparaiso. The team ended their last game of the season with a score of 6-35. "Having a game face during the game intimates the opponents and gets me motivated to win," Richter said. Photo by: Adriana Rodriguez

DID YOU **ACHIEVE** YOUR PERSONAL GOALS THIS **SEASON?**

"I achieved one of my main personal goals this season by making it to the final tournament."

CLAYTON BOENDER (10)

"My personal goal this season was to improve as the season went on and try to be a team player, and I improved and met these goals."

LUKA CUCUZ (9)

"My goal this season was to go to state. I accomplished that goal and it ended up being a really fun game with the team."

TRE ADAMS (10)

Page By: Caleb Chen, Jade Mehok, Lilah Nelson and Morgan Taylor

KEEPING THE SCORE

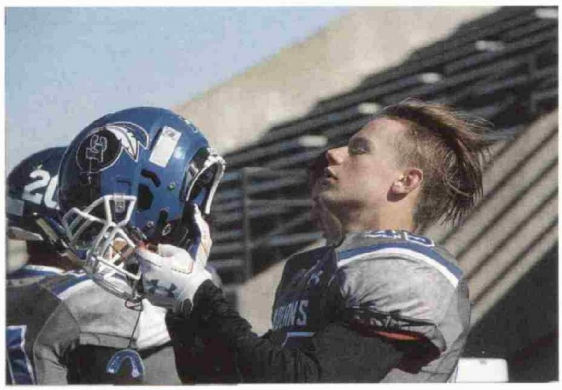
GUARDING THE GOAL

21 ATHLETES WERE A PART OF THE BOYS JV SOCCER TEAM

15 AVERAGE AMOUNT OF HOURS THE TEAM PRACTICED EACH WEEK

15 GAMES WERE PLAYED DURING THE SEASON

18 SOCCER BALLS ARE KEPT IN A BAG FOR USE DURING THE GAMES



COOL DOWN AARON MIKOLAJCYK (10) REMOVES HIS FOOTBALL HELMET TO COOL OFF AFTER WARMING UP FOR THE UPCOMING GAME. THE JV TEAM FACED OFF IN THE HOT TEMPERATURES AGAINST THE MERRILLVILLE PIRATES. PHOTO BY: LILLIANNA SCHROEDER

Front & Center

WITH QUENTIN ENYEART (10)

In your opinion, how did the season go?

"The beginning of the season was tough because we didn't start out very well. No one knew how to play together and a lot of freshmen and sophomores from last year went up to Varsity, so it was definitely a new learning curve. We got better once the season took off and the playoffs started. A lot of the seniors played well because it was their last season."

What do you think needs to improve?

Our sophomore class is a big group and, obviously, we know how to play soccer, but if we mature physically then we should get even better. It's going to help us fill a lot of gaps because of seniors leaving."

What has soccer taught you off the field?

"This season taught me that you have to be smart with everything. You have to be aware of everything and to be respectful and to make sure you take care of yourself."

"My personal goal as well as a team goal was to win sectionals, which we did. I really wanted to do my best so we were capable of making it to sectionals."

QUENTIN ENYEART (10)

"I achieved my goal this season because I really wanted to improve myself and influence the younger classmen."

ANTHONY AVECILLAS (11)

"A big personal goal I achieved this season was to score a Varsity goal."

ELIAZAR LOPEZ (10)

SETTING THE PAR

JUST KEEP SWINGING

8 TOTAL NUMBER OF MEETS

9 HOW MANY GIRLS COMPETE EVERY MEET

15 AVERAGE NUMBER WARM UP SWINGS

10 AVERAGE HOURS OF PRACTICE PER WEEK

CONFIDENCE BOOSTER KAMYRAN GOLEC (9) WATCHES THE BALL SOAR. THE GIRLS JV TEAM WON AGAINST LAPORTE HIGH SCHOOL ON AUG. 22. "I WAS THE NUMBER ONE JV PLAYER. I DIDN'T GET UPSET WHEN I DID BAD, BECAUSE I KNEW I COULD JUST MAKE IT THE NEXT MATCH," GOLEC SAID.

Gone With The Wind

Do Golfers enjoy playing in the gusty wind?

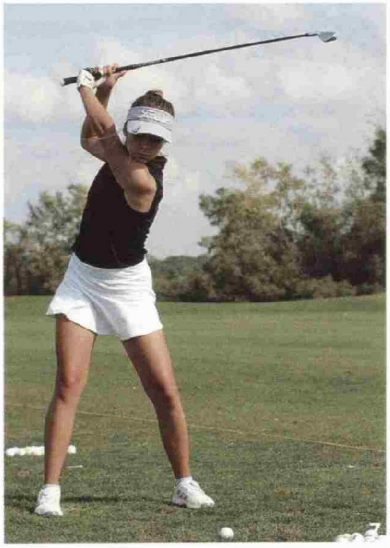
100%
NO

*poll out of 9 students

HOW DO YOU **PREPARE**
BEFORE
YOUR **MATCH?**

Page By: Mia Born, Olivia Figg, Jackson Novak and Nitya Shah

Walk of **PRIDE**



Throughout the girl's JV cross country season, their goal was to improve with each meet and become better individual runners. With each practice, they pushed themselves to be faster and become closer with each other. Winning was also an important aspect of the season as the girls hoped they would come out with a win every meet.

"The team did great this season, we won DAC and really worked as a team and encouraged each other," Shelby Noonan (9) said.

Along with team goals, many girls come up with some individual goals to keep themselves on track. This season, the girls' goals consisted of faster times, better racing mentality and forming stronger bonds with their teammates.

"My goals for this season were definitely to connect with more of the girls on the team and have a positive attitude every day. I wanted to keep pushing myself further than I did last year, and not let my head get in the way of my performance," Kimberly Hestermann (10) said.

With a new head coach rolling in just three years ago, and a second assistant coach this year, the girls knew it might take some time to adjust. However, most of the team agrees that the coaching has been very successful as the girls have come out of a winning season.

"I think that the coaches pushed me individually because I started with an injury and they modified the workouts to help me get back to fully running, which was my goal. They also pushed us as a team to go with each other in the races and that allowed us to meet all of our goals," Madelyn Sternfeldt (10) said.

The teams successful season gave the girls more than just the feeling of winning. It brought them lifelong friendships and taught them many new things.

"This season I left with knowing I had a strong bond with the girls and they were my family. They are always going to be there for me through thick and thin and I'm so grateful for them," Elizabeth Reyes (12) said.

The girls JV cross country team pushed themselves to run faster and get stronger to come out as a winning team

1. STEMING SUCCESS Kylie Carroll (10) and her team celebrate with their coach before the start of the race. The race was the Rudy Skorupa Invitational on Aug. 31. "I was extremely happy with Kylie's performance at Rudy Skorupa," said Piefer first grade teacher Coach Morgan Kleinamen. Photo by: Alayna Wilkening **2. RUNNING WITH THE PACK** The girls JV races to finish ahead of the other teams. The girls placed 3rd in DAC with three girls coming in top ten. "I was very happy with how I did, I knew it was my last race forever, so I wanted to go out with a bang," Kaylee Hoffman (12) said. Photo by: Alayna Wilkening **3. EYE ON THE PRIZE** Cierra Kubacki (11) watches the ball after she tees off. The girls JV golf placed second at the Crown Point Invite. "I really think I've improved since last season, I and I think most of the team has too. I'm really proud of everyone." Kubacki said. Photo by: Charmagne Abangnan **4. GO THE EXTRA MILE** Mckenzie Schilling (11) continues her run during the Rudy Skorupa Invitational. The Invitational was held at Lake Central. "I liked running at home because it felt like there was more of an advantage since we knew the course very well," Schilling said. Photo by: Alayna Wilkening **5. LINING UP** Isabel Urbanski (9) putts the ball during her warmups. The girls often practice on the green before the meet. "I basically get everything out of my head so I can focus on my shot," Urbanski said. Photo by: Charmagne Abangnan **6. GIVING IT THEIR ALL** The JV team huddles before their race. Five of the girls placed in the top ten at the invitational. "Having a large team does come with its challenges, but having alarge team does come with its challenges," Assistant Coach Amanda Pritt, geometry said. Photo by: Jona Rivera **7. THE FIRST SWING** Ryane O'Neill (9) concentrates on the ball. The driving range at Palmira is used often by Lake central golf teams. "I really liked playing here because I loved this course and the layout of it," O'Neill said. Photo by: Charmagne Abangnan

"I practice the day before and fix things. On the day of the match, I practice as much as I can before. You don't want to over work yourself with practice though, you can't be tired during the actual meet."

RYANE O'NEILL (9)

"I make sure I am hydrated and have good meals, especially if it's a hot day. As a team, we make sure we warm up before to get a feel of the speed of the greens so we know what to expect."

CAROLINE GOOD (11)

"The night before I make sure I have all my things in my backpack and I recheck that I have everything as well. To mentally prepare, I think positively."

JILLIAN JACOBS (10)

"The night before, I make sure I go to bed early. The practices leading up to the match I fine tune everything in order to make sure I am ready for the match."

KAMRYN GOLEC (9)

"I try to stay positive before the match in order for my performance to be successful. My mentality also stays positive."

CIERRA KUBACKI (11)

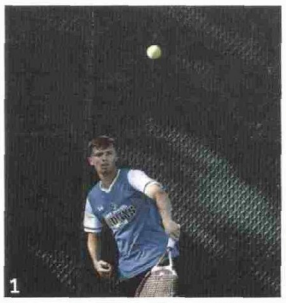
ACROSS THE LINE

WEEKS OF RACES

13 WEEKS IN THE SEASON EXCLUDING POST SEASON RACES

12 RACES RAN DURING THE COURSE OF THE SEASON

24 RUNNERS ARE ON THE JV TEAM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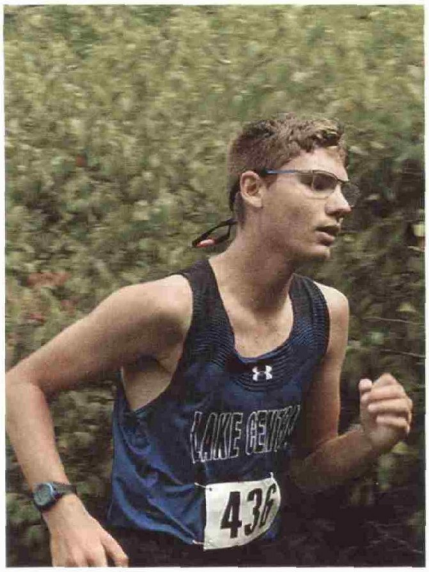
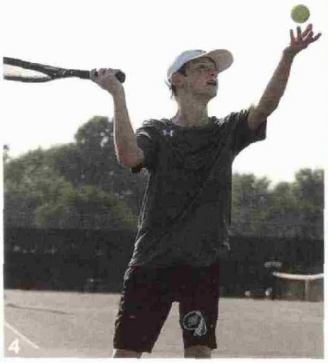


KEEPING IT UP PETE STAGGS (11) RUNS UP A HILL ON THE COURSE. AT PRACTICE, "I ENJOYED CROSS COUNTRY BECAUSE WHILE YOU'RE RUNNING, YOU'RE NOT THINKING ABOUT THE STRESSES OF LIFE. YOU'RE THERE FOR ONE THING, TO TRY AND WIN," STAGGS SAID.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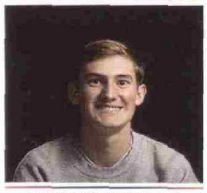
Front & Center



WARREN CHEKALUK (12)

How have you improved since the beginning of the season?

I would say my attitude toward cross [country] changed because at first I didn't want to run, but I started running on weekends on my own.

What were your biggest goals this season?

"My biggest goal at the beginning of the year was to break 18 minutes. I didn't break 18 minutes."

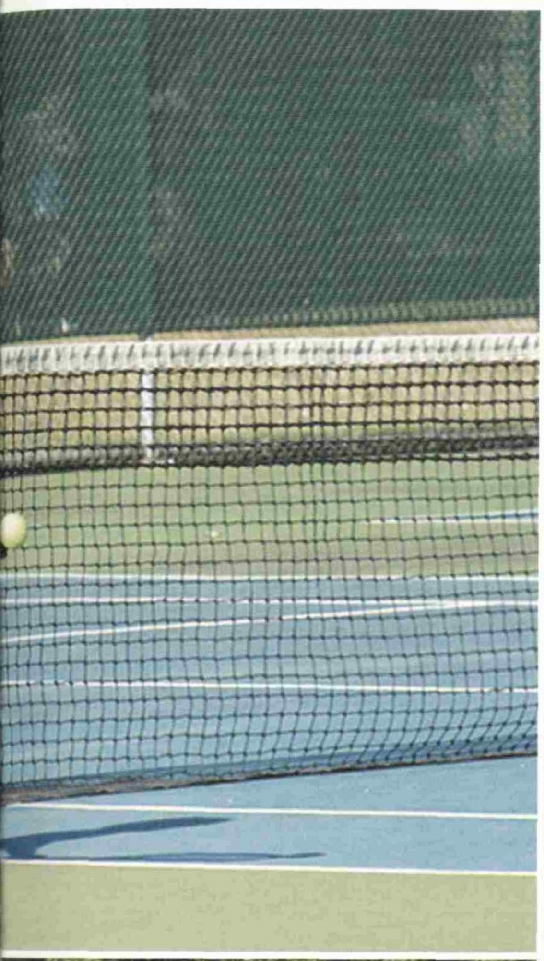
Did you have any weird traditions at the meets?

"I always wore the same socks They had goats on them."

Page By: Celeste Recio, Iona Rivera, Mateusz Gacek, Brenna Sealy, Ava Solis and Alayna Wilkening

Running Races and **HITTING ACES**

Students come together for record-breaking success.



Throughout the season, the boys JV tennis team focused on improvement. The team faced difficult matches, but grew in spite of them. Dejan Tomic (11) reflects on how he has made changes as a player.

"Personally, I feel like I have improved a lot as a player. Our tough loss to Munster at the beginning of the season helped motivate me to work hard and be more prepared facing them next year," Tomic said.

As a team, the boys had to learn how to work together and communicate with one another. When they became familiarized with their teammates, they were able to create stronger bonds that further strengthened their performance.

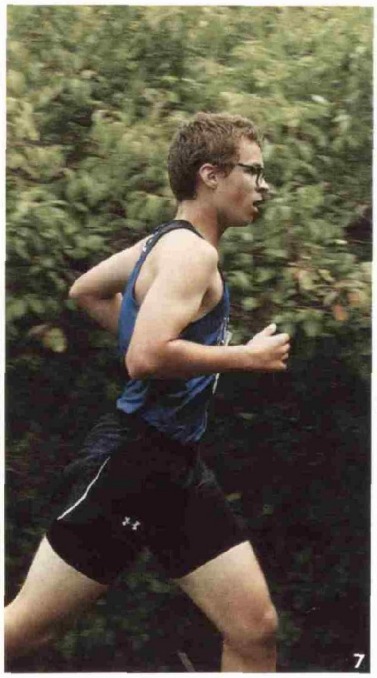
"I think I really improved in my serving and getting to know the team better, and I'm going to put more practice in for next season. I think we overall improved in communication, because at the beginning of the season we were quiet, but after that, we got along better," Abhinav Ayinampudi (11) said.

This season also reinvigorated rivalries with other schools. Along with self-improvement, they also focused on surpassing the other teams and having a better season overall. The team faced hard competition, but they still ended the season with many wins.

"I feel like our season went pretty good, we won most of the important games. Munster was our biggest competition, because they are one of the better teams in the area," Sean Pletz (10) said.

The loss of players for the new season was an obstacle for the team. However, they looked past the loss and concentrated on building up the team spirit and vigor.

"This season, we lost a lot of good players, but we practiced and we got a lot better, so overall our team did great. My biggest accomplishment this season was to get better and keep climbing the ranks of the team and to keep doing as much as possible to help the team out," Ayinampudi said.



1. ACROSS THE COURT John Vrehas (12) aims his racket towards the oncoming ball. The team greatly focused on improvement during the season. "I'm thinking about improvement and trying to hit the ball inside the court. I hit a good shot," Vrehas said. Photo by: Taylor Anderson **2. STRIVE FOR SUCCESS** Michael Aurelio (10) running the last half of his race. The boys trained and conditioned since the summer to prepare them for their meets."It's tough but it's worth it to do conditioning because it helps you get better for the races every week," Aurelio said. Photo by: Alayna Wilkening **3. WARMING UP** Ayan Mohammed (11) prepares himself before a serve. He bounces the ball on his racket to get a feel for it before he serves. "I think the tennis season went pretty well, we did have a lot of wins, we could have prevented a lot of losses, but we did good in sectionals," Abhinav Ayinampudi (11) said. Photo by: Taylor Anderson **4. ACING IT** Collin Pinskey (10) throws the tennis ball in the air to serve it over the net. Pinskey serves the ball over the net to his opponent to start the match. "I'm trying to hit the ball as hard as I can because I want to ace my opponent every time," Pinskey said. Photo by: Dakota Firlej **5. THE RIGHT STANCE** Dejan Tomic (11) returns the tennis ball over the net using his forehand stroke. Tomic was able to successfully win the point over his opponent. "This year, we worked together by supporting each other, watching each other's matches, and helping each other grow," Tomic said. Photo by: Mackenzie Guthrie **6. WORKING TOGETHER** On Saturday, Aug. 31 the boys JV cross country team ran the Rudy Skorupa invitational. Ryan Graziano (9) and Brayden Boggs (9) run as a pack and pace each other throughout the race. "[Brayden Boggs] and I are good friends and we run about the same pace so we're always trying to keep up with each other and trying to beat each other at each race," Graziano said. Photo by: Alayna Wilkening **7. STRONG FINISH** Nathan Jendreas (10) sprints towards the finish line during the cross country meet. The boys are trained to save energy while running so they aren't too tired at the end. "I usually find myself preparing for a race by getting a good night's sleep and staying hydrated," Jendreas said. Photo by: Alayna Wilkening

Going the Distance

Students were asked if they've even run a 5k race.

*poll out of 345 students

Rising to the CHALLENGE

The Varsity team worked countless hours to secure their spot for the long week at nationals.

The Centralettes have danced their way to the top of the podium, putting in endless hard hours. From winning their first competition, to earning the opportunity to compete in nationals, the girls spent hours in practice every week and shared a strong bond that cannot be broken.

"This summer was probably the most we have prepared for the season with all the practices, training and more camps than usual," Alexa Edwards (9) said.

The girls practice at their dance studio a total of 15 hours every week to perfect their craft in order to accomplish their undefeated streak. They dance at different competitions throughout the country including Chicago, Kokomo and even Orlando.

"Our season has been good. We are undefeated in Indiana so far and have placed top three in Chicago against top nationals competitors," Jade Prescaro (12) said.

As the team continues to work as a single unit, they begin to build a stronger bond. This connection helps their movement and passion on the competition floor.

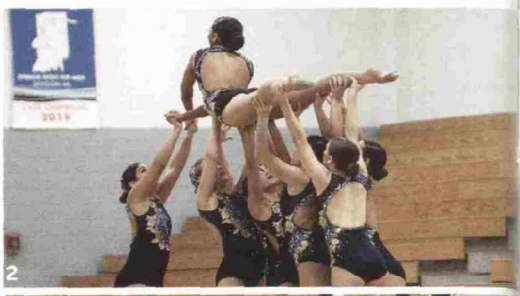
"Everyone is the glue. If we don't work together, then it wouldn't work. We have a strong bond as a whole. We all get along and that is key for a very strong team," Prescaro said.

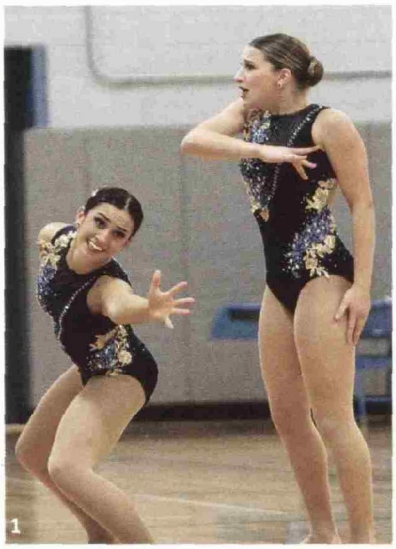
Most of the girls on the team have known each other for many years. The girls agreed they will not quit on each other and will keep growing and accomplishing more throughout their dancing careers.

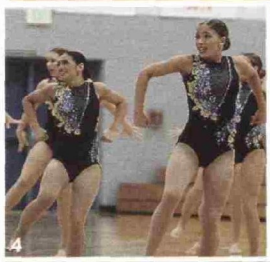
"Nationals is a great experience but it is a really long week. It's really fun because we get super excited about it and get to see all the other teams there," Claire Nowacki (11) said.

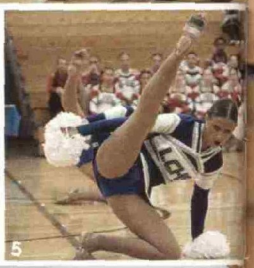
According to Nowacki, the girls continue to stick together and help one another out to be the best that they can possibly be for their most important competition of the year.

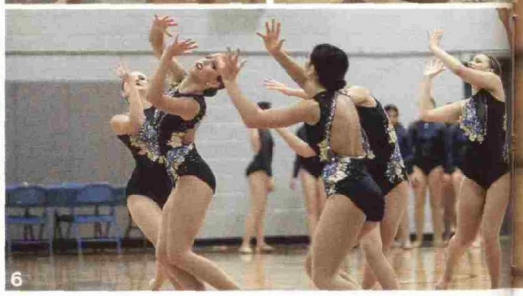
"We started every day practice on the first day of school, and ever since then we have practiced almost everyday. We continue to push ourselves more and more every day," Meghan Martewicz (10) said.











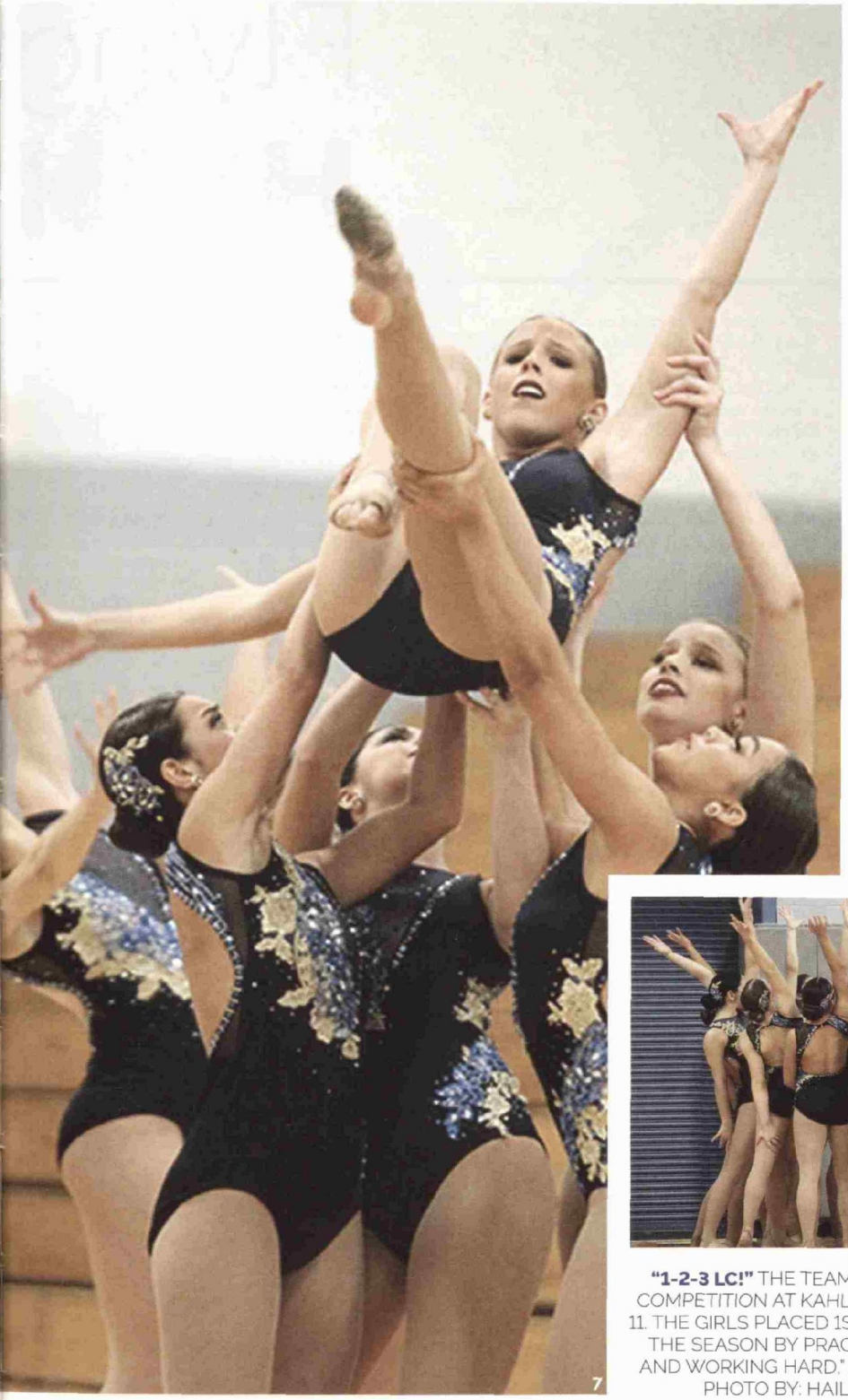
1. REACHING FOR SUCCESS Jessica Almaraz (12) reaches her hand out during her Jazz routine. Jamie Szczecina (11) stood straight up beside her staying in character to the song. "All the seniors are good role models and help lead our team very well," Szczecina said. Photo by: Hailey Prasopoulos **2. RISE OF CHAMPIONS** Maya Pasyk (10) relies on her team to lift her gracefully for their routine. The girls kept their heads held high as they lifted her. "After lots of practice and consistently doing the lift I have no worries and trust that they will always be there for me if anything goes wrong," Pasyk said. Photo by: Hailey Prasopoulos **3. SMILE IN STYLE** Claire Nowacki (11) Jamie Szczecina (11) and Alexa Edwards (9) keep their heads high and smile. This was during their pom routine at the Kahler Middle School Invitational. "We are really close this year so everyone works together and helps each other out," Nowacki (11) said. Photo by: Hailey Prasopoulos **4. BONDING WITH BEST FRIENDS** Alexa Edwards (9) performs the Varsity team's jazz routine. As she was dancing among her friends, she stayed on beat. "We really bond through our classes and our teachers always remind us how important teamwork is," Edwards said. Photo by: Hailey Prasopoulos **5. KICKING OUT THE COMPETITION** Lily Rogers (10) kicks during her pom routine at Kahler Middle School. This dance competition took place on Jan. 11. "We prepare for our competitions by coming in on weekends and working hard together," Jamie Szczecina (11) said. Photo by: Hailey Prasopoulos **6. STRIVING FOR PERFECTION** The Varsity team performs Jazz with emotion and synchronization. The whole team lifted their arms on time with each other as it was choreographed. "Our practices are long, hard, and tiring but in the end it's all worth it," Maya Pasyk (10) said. Photo by: Hailey Prasopoulos **7. LIFTED SPIRITS** Lily Rogers (10) shows emotion on her face during her jazz routine. The girls below her lifted her for her solo section. "We have danced together since we were little, which is why we are very close," Meghan Martewicz (10) said. Photo by: Hailey Prasopoulos

The Distinction of Dance

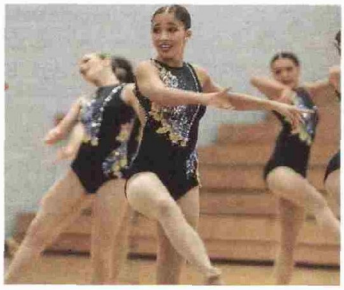
Is dance a sport or fine art?

*poll out of 400 students

Page By: Jeanna Cameron, Luke Hamilton, Hailey Prasopoulos, Brenna Polovina, Alexandra Rigg and Ava Soltz



> *"YOU HAVE TO HAVE A CLOSE RELATIONSHIP WITH THE PEOPLE YOU DANCE WITH OR PLAY WITH LIKE ANY OTHER SPORT."*
>
> **ALEXA EDWARDS (9)**



SPIRALING WITH PERFECTION ALEXA EDWARDS (9) SPINS IN SYNCHRONIZATION WITH SEVERAL OTHER GIRLS TO CREATE AN EMOTIONAL PICTURE FOR THE JUDGES. ACCORDING TO EDWARDS, IT IS IMPORTANT TO CREATE BONDS WITH YOUR TEAMMATES TO BUILD TRUST. "SPECIAL CHOREOGRAPHERS CAME IN TO HELP US PREPARE FOR THE SEASON," EDWARDS SAID.

"1-2-3 LC!" THE TEAM CIRCLES UP BEFORE THEIR COMPETITION AT KAHLER MIDDLE SCHOOL ON JAN. 11. THE GIRLS PLACED 1ST. "OUR TEAM PREPARED FOR THE SEASON BY PRACTICING OVER THE SUMMER AND WORKING HARD," ANNA AMANATIDIS (12) SAYS. PHOTO BY: HAILEY PRASOPOULOS (11)

Front & Center

HALA HADDAD (11)

How did your first competition of the season go?

"Our first competition in Kokomo we won with all three dances."

Does your team work well together?

"I believe everyone on the team has the same effect. We are all equally talented, but we also all do things differently."

Do you have a strong bond with your teammates?

"I find myself closest to all the dancers because we all have something to relate to."

How do you prepare for a dance competition?

"Our team prepares by getting together during practice and talking about the dances."

Flying HIGH

The cheer team has worked to reach all their goals this season and to be considered a top team in their division.

Just like any physical activity, cheerleading has goals. Whether your goals are big or small, they help the team. A typical cheer season consists of much more than just cheering for other sports. Coming out of a successful season last year, the Cheerleading team tries to push for a consecutive rewarding year. Some of the goals that the girls have this year is to place top three at state, get a bid to nationals, and to be a finalist at nationals.

"Our final competition is nationals which is in Florida. We leave in early February and we are all really excited to go and perform since we've been working and practicing so hard." Alexa Aardema (12) said.

Since cheer is a team sport, many girls think that having others encouraging you is something that helps the team thrive. A routine can not be done solo, so team interactions can be important. Coaches also play a role on making determining the cheer teams success.

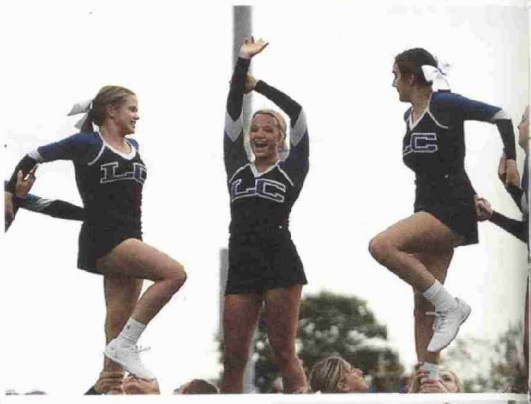
"Some things that have helped me be successful on this team are my coaches and my teammates. My coaches push us very hard to be the best that we can we be." Kiely Garza (11) explained.

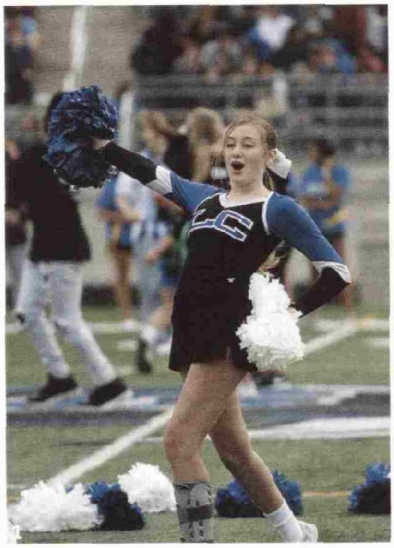
The Cheerleaders practice up to 10 hours a week. Because of these long practices, the girls are together frequently. For most girls, the friendships that are formed are something that the girls look forward to.

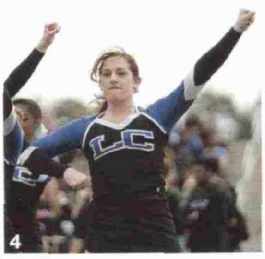
"Cheer brought together my friend group. Though we don't always get along on the mat, my cheer friends are my best friends." Hailey Newton (10) said.

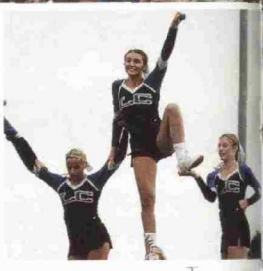
Overall, the cheerleaders plan on having another winning season. With the coaches help and practices, their goals may not be out of reach.

"Cheer has impacted my high school experience by getting me more involved in sports and activities. Being on the cheer team has made me meet and make new friends." Alexa Aardema (12) said.









1. SCHOOL SPIRIT Kelsey Moore (10) performs with a lot of enthusiasm as she works through her routine at the pep rally. The cheerleaders performed their routine for the whole school."The pep rally was a great experience and I'm glad that we were able to do it. I liked seeing the whole school together." Moore (10) said. Photo By: Kiley Szatkowski **2. MAKE SOME NOISE** Julie Wasyliw (11) holds up a letter while she cheers for the pep rally. The cheerleaders were a big part of the spring pep rally. "Cheering in the pep rally is a big part of cheer. It's fun and showcases our skills." Wasyliw (11) said. Photo By: Frida Arellano **3. AIRBORN** Lily Lane (10) grabs the audience's attention as she does a stunt. The cheerleaders are used to having a big audience since they perform at competition frequently. "I love cheering at pep. It's so fun but no one ever tells us what is going on so it's hard to plan what we are doing." Lily Lane (10) said. Photo By : Jade Mehok **4. ATTITUDE IS KEY** Abbie Janich (10) raises her arms and smile while performing for the spring pep rally. The cheerleaders routine is one of the main events. "I liked seeing all the faces and showing the school what we do," Janich (10) said. Photo By : Jade Mehok **5. READY TO FLY** Kiely Garza(11) flies during the halftime peprally performance. The team perrforms for every pep rally. "One of my favorite things is getting to support my school." Garza (11) said. Photo by: Hailey Prasopoulos **6. SQUAD GOALS** The cheerleaders get into a formation during their routine. The cheerleaders cheer for pep rallies, basketball, and football games. " I like how everyone came to support the Allstars." Grace Mills (9) said. Photo By: Frida Arellano **7. RISE UP** The team holds Greta Segert (10) at the top of the pyramid. The team performed outside on the football field during the fall pep rally. "I really like the Pep Rally because everyone comes out and watches us and things like that. The energy is really cool." Segert (10) said.Photo By: Kiley Szatkowski

Front & Center

GRACE ENYEART (10)

How is being on varsity different than JV?

"You go to more competitions, cheer friday nights, and get to go to Florida. You have to work harder. It comes with a lot more pressure and expectations so you really have to live up to the standards."

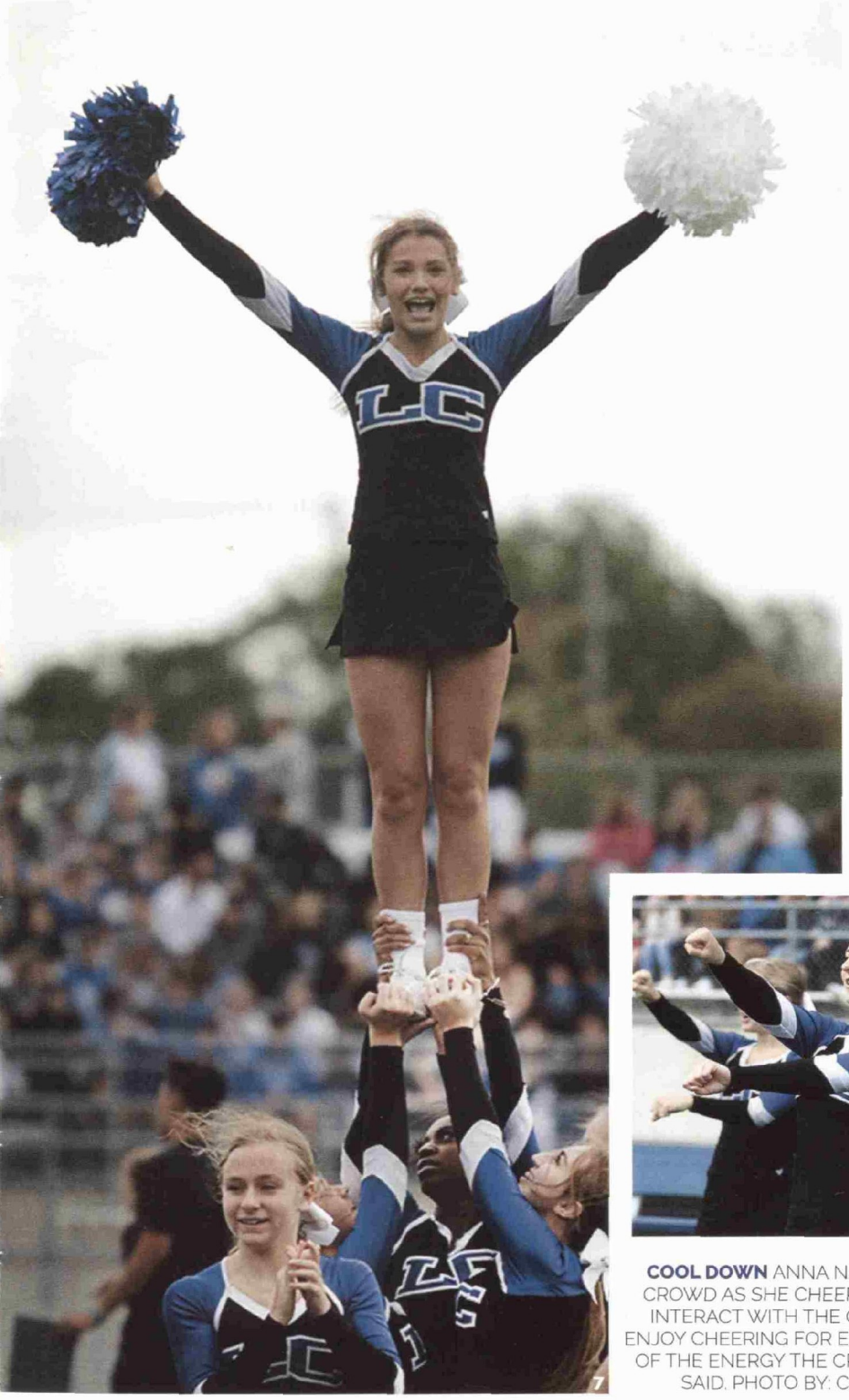
What do you like about being on Varsity?

"Lettering is a big part of what I like about being on Varsity. It is seen as a big accomplishment. I also like the competition aspect because there are a lot of higher ranked teams."

How has being on varsity pushed you to be a better cheerleader?

"The coaching style is much more harsh compared to JV. This has pushed me to reach my full potential and be successful. I have also learned discipline and hard work."

Page By: Isabella Brazzalle, Olivia Figg and Nitya Shah



ON THE SQUAD

CHEERING THEM ON

10 HOURS OF PRACTICE EVERY WEEK

9 COMPETITIONS EVERY SEASON

21 TOTAL AMOUNT OF GIRLS ON THE TEAM

2.5 MINUTES PER ROUTINE

COOL DOWN ANNA NAWROT (10) WAVES AT THE CROWD AS SHE CHEERS. CHEERLEADERS OFTEN INTERACT WITH THE CROWD DURING GAMES. "I ENJOY CHEERING FOR EVENTS LIKE THESE BECAUSE OF THE ENERGY THE CROWD GIVES OFF," NAWROT SAID. PHOTO BY: CHARMAGNE ABANGAN

Cheering for a Purpose

Cheerleaders determine whether they think that cheer is supported at Lake Central.

*poll out of 345 students

Balancing on the **HIGH BEAM**

Gymnasts explain the difficulties and triumphs of competing on the gymnastics team.

The girls on the gymnastics team must put in a lot of time and effort each season. The gymnasts on JV and Varsity work throughout the season to perfect their skills for their meets. They prepare routines for events like vault, beam, bars and floor.

"Your skills have to be clean and consistent every time and you have to have good technique and confidence in them. I feel like the skills that you do have need to be more perfected. You need higher level skills to meet your requirements for when you compete," Cloe Amanatidis (10) said.

Throughout the season, the girls say they find it difficult to balance gymnastics with school and work. Injuries and other out of school activities can also make it difficult to balance everything.

"If you get any injuries, it's very difficult to come back because you've got to work through it and you've got to know you'll be stronger. School, work and gymnastics are really difficult. I have a tutor and he usually comes at 10, and it's hard for me to balance that out," Madeline Bugg (11) said.

Although the girls have to balance their life with school and gymnastics, the girls find a way to manage it and and create many relationships with their teamates along the way. The girls say how their relationships have developed over the season and school year.

"Over winter break we had practice and I got closer with the new people and all the freshmen. I got to know some of them really well, and I've known this girl for over 10 years, and I feel like we got even closer in high school gymnastics," Bugg said.

Along with the friendships that they make along the way, the girls have to spend a lot of time together perfecting their skills and practicing long nights for their meets. The girls have a certain routine that they use to help prepare and get their minds off things.

"Personally I like listening to music because it gets you off your nerves of competing. When we have home meets we set up and all that stuff, and [we] just eat and get ready to compete," Nicole Wasyliw (11) says.

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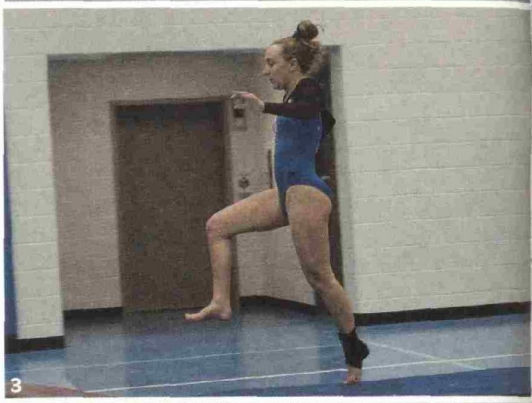
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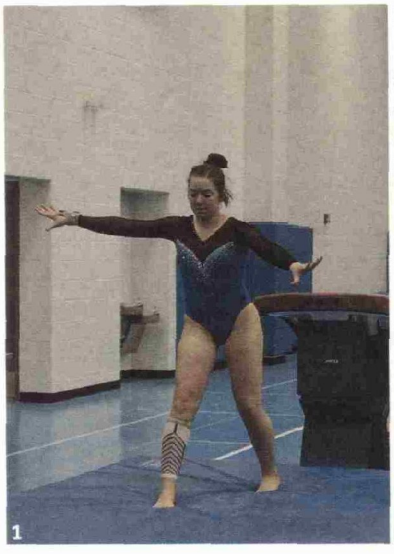
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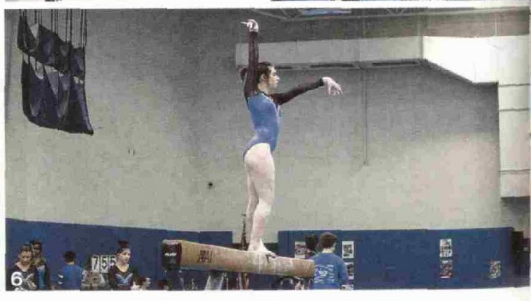
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1.FOR THE WIN Allison Mybeck (11) lands her vault pass. The girls finished off their meet with a win. "I was doing my vault, which is a half-on half-off vault. This was one wasn't very difficult because it was one of my easier vaults. I'm working on my harder vaults," said Mybeck photo by: Alison Irace **2. TUMBLING TOWARDS THE W** Allison Mybeck (11) runs for a tumbling pass during her floor routine. Along with her many skills, Mybeck completed her floor routine with a high score. "I was doing my front tumbling pass, which is my second tumbling pass in my routine. Learning it was kind of difficult, it took a lot of practice," said Mybeck Photo by: Alison Irace **3. PRACTICE MAKES PERFECT** Nicole Wasyliw (11) gets ready to compete in her vault event. Wasyliw pulled through by sticking her landing and impressing the judges. "I was doing a front handspring over the vault, it wasn't really hard to learn," said Wasyliw. Photo by: Alison Irace **4. BAR TO BAR** Sydney Black (9) keeps her scoring streak as she is able to get up on the bars and land properly. She finished off with a high score for the team."Learning how to jump from one bar wasn't hard, it was just the fear," said Black. Photo by: Eden Schilling **5. GETTING READY FOR ACTION** Cloe Amanatidis (10) prepares to do a back handspring on the beam. She dismounted into a flip and was able to stick the landing. "I'm doing my series, which was a backhand spring. It took me a couple months to learn, and a while to perfect," said Amanatidis said. Photo by: Alison Irace **6. WORKING WITH IT** Madeline Bugg (11) performs her beam routine at the home meet on Jan. 23. Bugg was able to do her full routine without any errors."I was doing my jump series and I landed it. It takes time to make it work with my routine," Bugg said Photo by: Alison Irace **7. PREPARE FOR LANDING** Lilly Ventura-Sullivan (10) gets ready to perform her beam skills. Sullivan was able to finish off her routine by sticking her dismount. "I was getting ready to do my dismount. It wasn't hard physically to learn, but mentally it took me a while," said Ventura-Sullivan. Photo by: Eden Schilling

Front & Center

ALLISON MYBECK (11)

What makes you stand out?

"I'm good at beam and floor and performing my routines. I constantly work at trying to be the best I can."

What are your goals for this season?

"I want our team to go to state and get first or second place, so we can get a ring. And I want to progressively get better on my own."

What will you do differently this year?

"Probably try to become closer as a team so it's easier for us to compete together and be able to get along better together."

Page By: Isabella Brazzale, Alison Irace, Eden Schilling and Jade Mehok

DOWN TO THE BASICS

SEASON STATS

14 NUMBER OF MEETS PER SEASON

6 NUMBER OF WINS LAST SEASON

12 HOW MANY GIRLS COMPETE IN EACH MEET

4 HOW MANY OF THE MEETS ARE POST SEASON

JUMP OF FAITH SYDNEY BLACK (9) PERFORMS HER BEAM ROUTINE AT THE MEET ON JAN. 23. SHE WAS ABLE TO STICK ALL THE LANDINGS. "I HAD TO MAKE SURE I STAYED REALLY FOCUSED AND TRIED MY BEST WHEN PRACTICING THIS," BLACK SAID. PHOTO BY: EDEN SCHILLING

Risking It All
Is gymnastics dangerous?

COVERING THE TEAM

VARSITY STATS

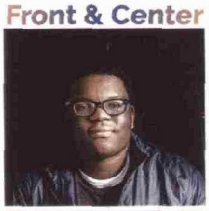
73.3 OVERALL FREE THROW PERCENTAGE DURING GAMES

53.6 OFFENSIVE AVERAGE DURING GAMES

48.9 DEFENSIVE AVERAGE DURING GAMES

SHOOTING HIS SHOT AMITOJ KHATRA (12) TAKES THE SHOT. HE REBOUNDED AGAINST ANDREAN. "I FEEL A RESPONSIBILITY TO SET AN EXAMPLE FOR THE YOUNGER KIDS AND HELP LEAD THIS TEAM TO WHERE IT COULD GO," KHATRA SAID. PHOTO BY ISABELLA VILLARREAL.

Front & Center



MICHAEL OLABINTAN (11)

How is the team doing so far?

"I think the team is doing well. There are some things that need improvement, but they're headed in the right direction. I hope they continue doing great."

What are you looking forward to?

"I'm looking forward to watching our guys get better and better and to seeing our players improve. Watch our guys on the bench now get bigger roles next year."

What could have been improved?

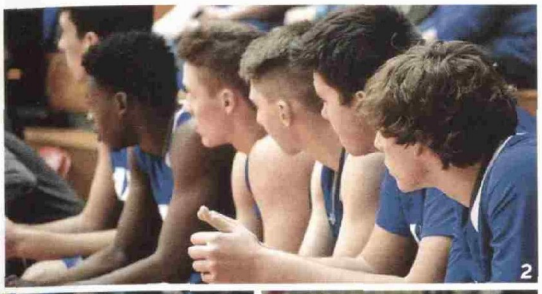
"Not really much. It's just that our teams' defense needs to be as aggressive as our teams' offense."

What advice do you give to the players?

"Just to keep playing hard. They're doing a lot of things right and they're fun to watch so as long as they keep playing hard, we have nothing to worry about."

Page By: Kylie Biehler, Colleen Dyra, Kelly Hayes, Alyssa Klimowski, Icyss Meredith, Isabella Villarreal, Lilliana Schroder and Ava Solis

Practice PAYS OFF



The varsity boys basketball team expressed their desire to have an amazing season. They built up new skills and new plays on the court while also displaying roles of leadership. The team considers themselves a family and explains how they wouldn't be where they are without each other.

"I think we're doing pretty good but can be better. We're working really hard at practice like trying to do better at communication. My team's long term goal is to win sectionals, I have goals of just having fun while I'm out there and give my all," Nate Oakley (11) said.

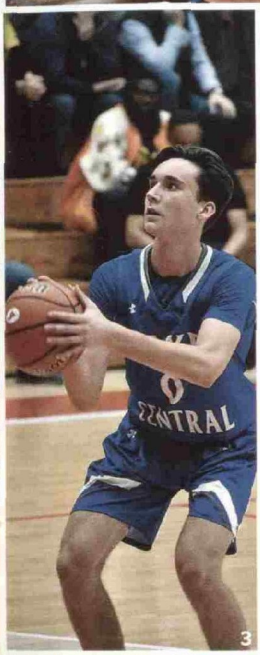
Many of the Varsity players say their main responsibility is being a role model for the underclassmen. The players explained that they hope to represent a friendly and welcoming team by being inclusive and encouraging. The seniors describe their desire for the juniors, who will be taking their place for the next season, to try and keep that image up.

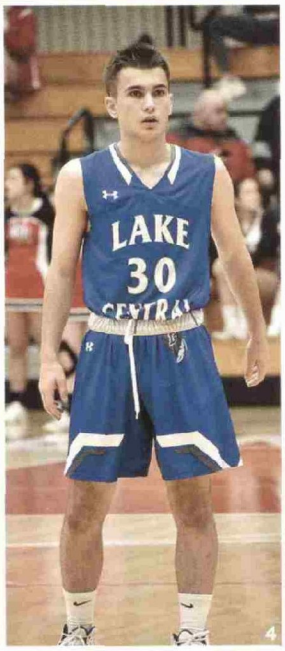
"My responsibilities would be being there with all the teammates always like helping them out with plays and helping them with the younger group and bringing them out with the experience and getting them advice and coming off the bench to support. I have known the seniors for awhile now, so I definitely look for them with advice because they know the process," Graham Weber (11) said.

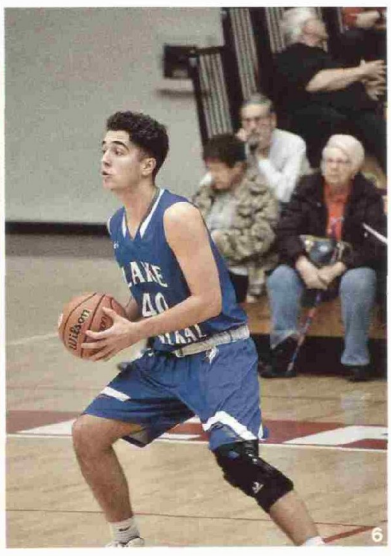
This team shows the importance of coming together and the bond that must be created in order to perform well on the court. They must share a common trust in one another's leadership of the team. This is showcased when they achieve their common goals together.

"The seniors on the team have it way better, because it makes the transition easier go to them with advice, you can watch them play to play better as well. My advice would be try to be challenged physically and mentality, but it's a great ride don't play with any regrets. Always work your butt off," Weber said.

The boys Varsity basketball team uses teamwork to get ahead each season.







1. PASSED AROUND Kyle Blum (12) guards the ball from opponents. Blum looked around to find a teammate to pass the ball to. " The goal is really that we can win every game we can, everyday in practice we really work hard and getting better and it will get better as the season goes on," Blum said. Photo by Jeanoa Cameron. **2. DEEP CONCENTRATION** The team watches intently at the court as the game intensifies. They were watching the ball be passed down the court. "We were watching our teammates trying to score," Graham Weber (11) said. Photo by Jeanoa Cameron. **3. TAKING A LEAP** Nicholas Anderson (12) is shooting a freethrow. He needed to make this shot to get the points they need to win the game. "We've had a couple tough games but we learn from them and get ready for the next game," Anderson said. Photo by Jeanoa Cameron. **4. PATIENTLY WAITING** Mark Mileusnic (11) stands on the court. As he waits for an opening, "I definitely was looking at my coach to see what offense I need to get us in or what defense to play, he wants us to run," Mileusnic said. Photo by Jeanoa Cameron. **5. POSSESSION** Hunter Zezovski(12) is guarding his opponent. He was trying to gain possession of the ball for his team. "Being a senior, you have tons of responsibility from leadership, to just being a friend and a teammate to everybody around you," Zezovski said. Photo by Isabella Villareal. **6. DECISIONS** Kyle Blum (12) looks around at who to pass the ball to. He makes sure every move is carefully planned out. "Every day in practice we really work hard and get better and it will get better as the season goes on. You get there under coaches' guidance and I know that every team member works really hard and we all come together as a team," Blum said. Photo by Jeanoa Cameron.

Love for the Game

Students were asked whether they enjoyed going to basketball games or not.

*poll out of 363 students

Shooting for **SUCCESS**

The Girls Varsity basketball team pushes for state.

Some basketball players go their entire careers without making a Varsity team. As a high school basketball player, Varsity is the highest level of the game.

"Everyone is quicker and stronger than we were from middle school or even JV. So [Varsity] is for sure a big change. Playing for Varsity has honestly made me like basketball so much more because I realize how much harder the game [is]," Taylor Jaksich (12) said.

Kylie (9) and Amanda (10) Blevins have encountered a rare opportunity. Not only did they make the Varsity team as siblings, they made it in their first two years of high school, which allowed them to develop new friendships and bonds on the team.

"The first time I went [to practice], I was by myself and I only had my sister to talk to. Now, I am starting to talk to the other girls and they are starting to talk back to me. It is actually really fun because we get to spend more time together and we have gotten closer," Kylie Blevins said.

Practice for the girls is after school for about two hours, six days a week. As a student-athlete, balancing school work and practices is one responsibility.

"Playing for LC is definitely not easy. It's stressful when there's away games and we have homework at night, but if you don't procrastinate it's not bad. It's a lot of hard work, but it is definitely worth it in the long run. [Varsity] is on another level," Abby Oedzes (11) said.

Starting off with an overall record of 3-7, the girls bounced back to a final record of 15-10. In the end, to the girls, the team is more than just basketball.

"[The season] started off rough, but the season and the team is doing much better. Playing for Varsity is really competitive but we make sure we keep it fun. The funniest thing I can remember would probably be when we hid coach Hupp's Pepsi. Nobody takes anything too seriously, we just like to take it day by day," Essence Johnson (10) said.

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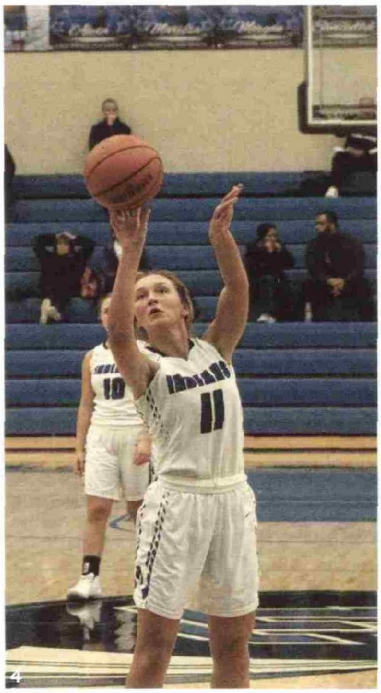
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1. DRIBBLE, DRIBBLE, DRIBBLE Essence Johnson (10) dribbles the ball down the court. Johnson has played on the Varsity team since her freshman year. "Playing for Varsity is really competitive, but we make sure we keep it fun. We just like to take it day by day and get the job done," Johnson said. Photo by: Caleb Chen **2. FISTS FOR GOOD LUCK** Taylor Jaksich (12) does a handshake routine with her teammate before the game begins. She plans to continue playing basketball in college. "I am going to IUN to play for their school. So I really hope I just get a lot better, progress, and just be a better player all around," Jaksich said. Photo by: Brian Scott **3. REACHING THE SHOT** Taylor Jaksich (12) jumps up while an opponent tries to block her shot. Jacksich is a starter for the team. "Playing for Varsity is a lot harder; you definitely got to put in the time and work toward that goal," Amanda Blevins (10) said. Photo by: Caleb Chen **4. SHE SHOOTS, SHE SCORES** Jennifer Tomasic (11) attempts a free throw. With seniors leaving, players must adjust to new teammates each year. "We had a really tough schedule in the beginning, so it was really hard to adjust teams, but we've been getting better by the day at practice," Tomasic said. Photo by: Brian Scott **5. SHOOTING HER SHOT** Tiana Morales (11) tries to shoot the ball and score for her team. She will be one of three seniors on the team next year. "It is sometimes hard to focus on everything because it's so much. But I would say yeah [Varsity] is pretty easy," Kylie Blevins (9) said. Photo by: Brian Scott **6. HIGH HOOPS** Tiana Morales (11) shoots the ball. Her shot was made seconds before the buzzer went off. "The most challenging thing about playing Varsity basketball is definitely the pace of the game," Taylor Jaksich (12) said. Photo by: Brian Scott **7. A BOOST OF MOTIVATION** Coach Joseph Huppenthal motivates the girls to continue with their hard work. They quickly advanced far ahead of Lake Station with a score of 83-48. "We did a fantastic job on that [game] and forced them into some bad decisions/passes. I think our length bothered them on the inside and also we got some easy baskets/transitions, which helped us tremendously," Huppenthal said. Photo by: Caleb Chen

WHAT WAS YOUR **FAVORITE GAME** OF **THE SEASON?**

"My favorite game played would be the LaPorte game. We were the underdogs and we were supposed to lose, and we beat them in overtime."

TAYLOR JAKSICH (12)

"My favorite game was the LaPorte game. We were not in favor to win at all, but we ended up beating them in overtime and everyone was hyped."

MADISON DULSKI (12)

"My favorite this season was definitely playing against LaPorte because we went into overtime and we won."

ESSENCE JOHNSON (10)

"Favorite game probably would be when we played Chesterton because I think that was the game we went into double overtime."

KYLIE BLEVINS (9)

Page By: Caleb Chen, Cori Lollis, Andie Kalemba, Nitya Shah and Morgan Taylor

TRAINING FOR WINS

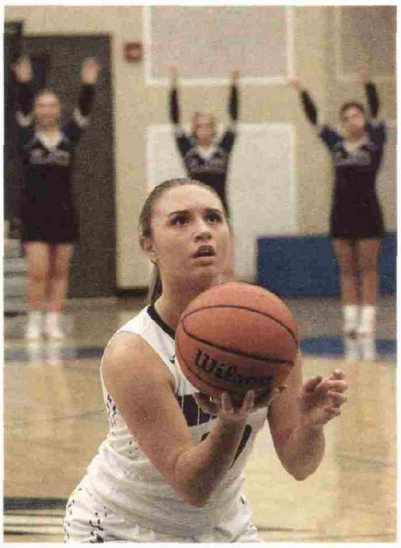
BASKETS TO WINS

11 PLAYERS ON THE TEAM

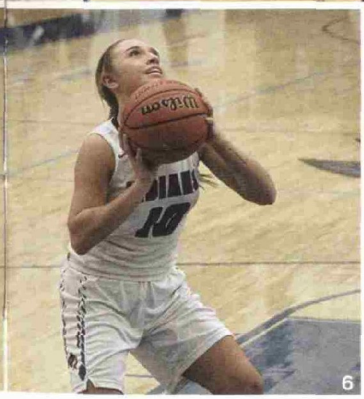
1 BASKETBALL USED IN A GAME

29 GAMES PLAYED IN THE REGULAR SEASON

14 HOURS A WEEK SPENT BY THE TEAM PRACTICING



CONCENTRATION TIANA MORALES (11) SHOOTS A FREE THROW. MOMENTS LIKE THESE CAN OFTEN BE INTENSE, ESPECIALLY DURING BIG GAMES. "A BIG GAME AGAINST LIKE CROWN POINT [IS STRESSFUL], BUT OTHERWISE IT'S FUN AND COMPETITIVE," KATELYN ZAJESKI (10) SAID.



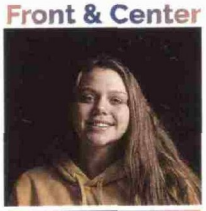
"My favorite game was we just won against LaPorte in overtime on Saturday and that was a really fun competitive game."

ABBY OEDZES (11)

"Merrillville was a fun game because we were down by a lot and we didn't end up winning, but we came back really close."

JENNIFER TOMASIC (11)

Front & Center



KYLIE BLEVINS (9)

What's your biggest challenge playing for Varsity?

"The most challenging thing was learning all the plays and trying to remember them in the games and doing them right in the game."

Did being on Varsity change how you view basketball?

"Playing for Varsity makes me more serious because you actually have something to compete for, like going to sectionals and winning."

What does your future look like?

"I think in the future hopefully I am going to college for basketball but I could really see me going places with basketball so I hope it brings me somewhere."

OFF THE DEEP END

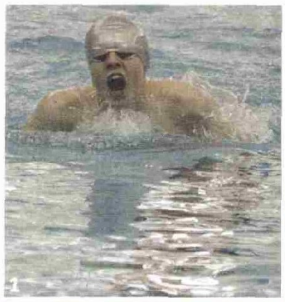
A DIVE INTO THE TEAM

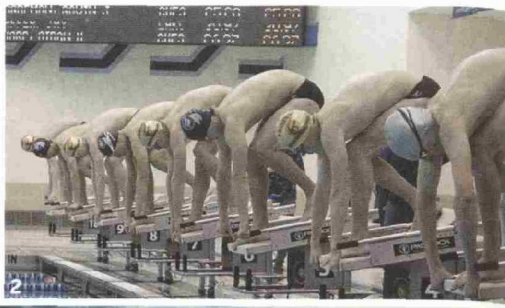
28.5 AVERAGE MILES SWAM EACH WEEK

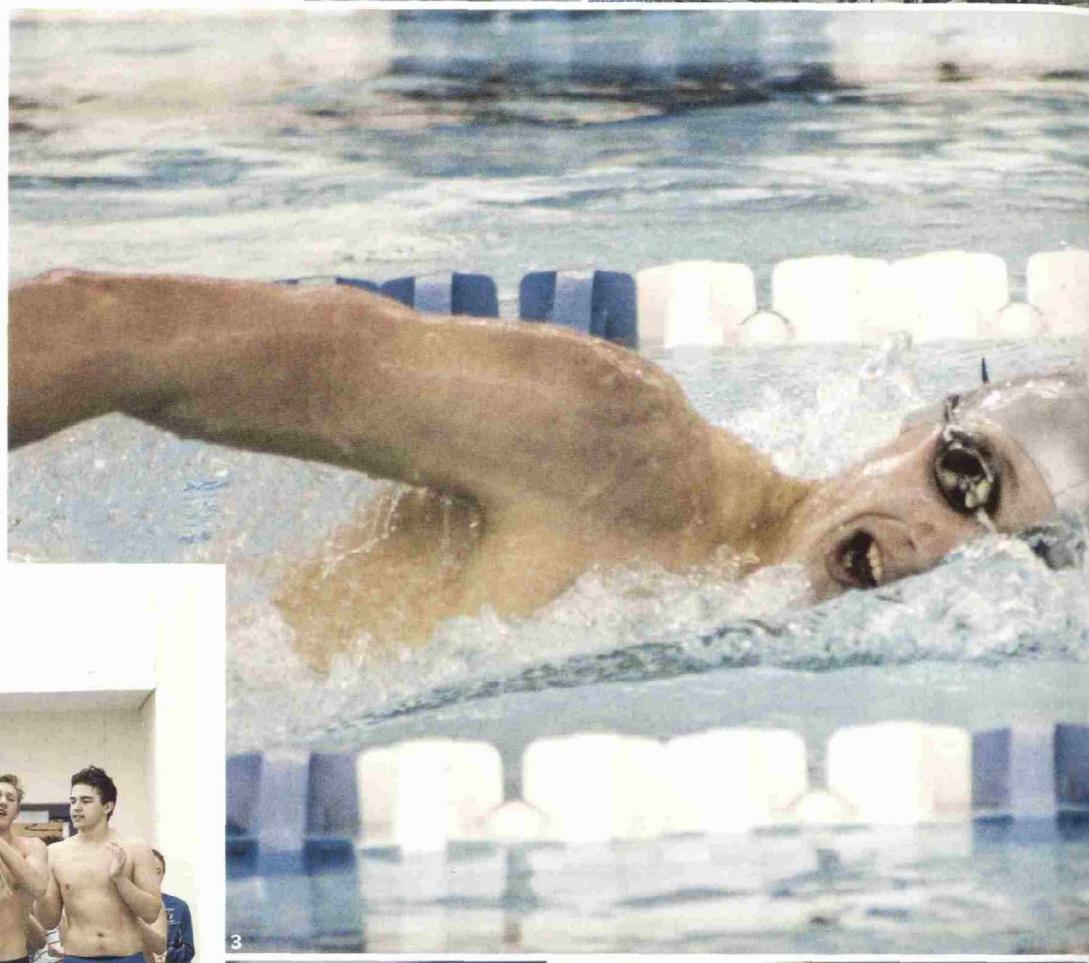
21 HOURS SPENT TRAINING EACH WEEK

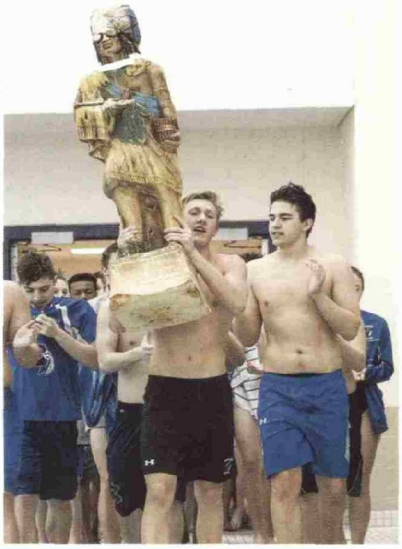
17 SWIMMERS COMPETING WITH THE VARSITY TEAM

4 A.M. TIME THE SWIMMERS WAKE UP IN THE MORNING









TRADITIONS ERIC TINSLEY (10) AND KYLE HEGYI (12) WALK OUT TO DO THEIR TRADITIONAL TEAM CHEER. THE CHEER WAS DONE AT HOME MEETS, "IT'S A TRADITION THAT THE TEAM HAS DONE FOREVER. MY BROTHER DID IT HIS FRESHMAN YEAR TOO," TINSLEY SAID. PHOTO BY: MAISIE WESTERFIELD

HOW HAS **SWIMMING SHAPED** YOU AS A **PERSON**?

"It pushed me to try harder in things because if you can make it through a swim season, you can do anything."
KYLE HEGYI (12)

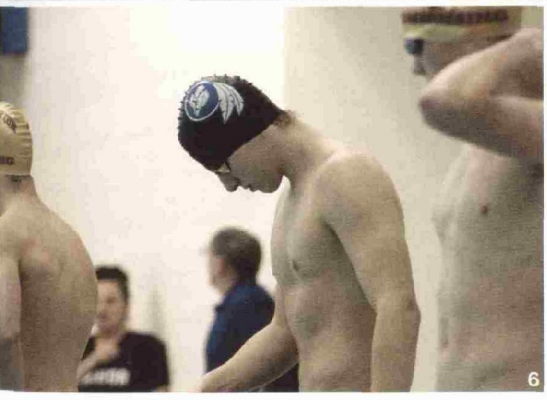
"It has taught me to be strong through hard times and helped me become who I am now."
SAJJAD JAFFER (11)

"Diving has definitely made me a better person. It has kept me out of a lot of trouble."
ZACHARY RAMACCI (10)

"It's made me physically stronger and it mentally prepared me for waking up early and helping me with not being late."
JACOB CARSTENSEN (12)

Page By: Matt Gacek, Mackenzie Guthrie, Jade Mehok and Brenna Scaly

Life in the **FAST LANE**



The boys swim and dive team dove into their season with more improvement than their last season. According to Zachary Ramacci (10), the team had a positive outcome, considering their times in the different races.

"The season has been going pretty great. I've hit my personal record a few times, and I'm really close to breaking the school record. My other goal is to make finals in state this year," Ramacci said.

The boys have both their personal goals and their team goals in mind while they swim. According to Sajjad Jaffer (11), in order to beat their personal best times, the boys needed to motivate themselves first.

"My motivation in the morning is the goal I set. I want to be a 57 Flyer, and I know if I want to do that, I need to wake up, get in the pool, swim, get out and do it all over again after school," Jaffer said.

The boys have been able to break their personal records, further advancing their skills in the pool. In order for the team to excel at what they do, their leaders stepped up to help guide them through the hardships of the season.

"I think it is cool that everyone chose me as a leader on the team, so I could step up and fill the gap that my brother and his grade left last year.," Eric Tinsley (10) said.

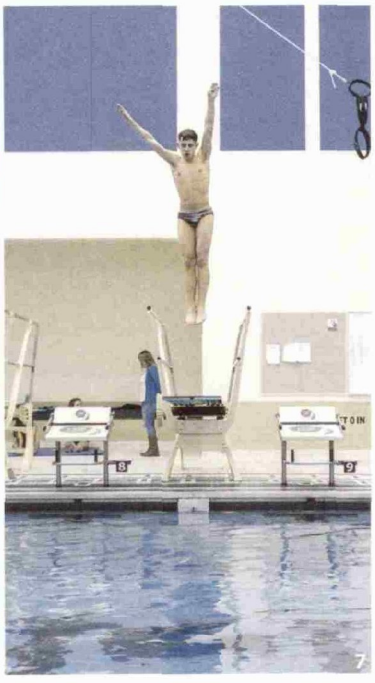
Along with leadership, the boys prepare themselves individually for each meet. According to the swimmers, their routines help them relax before the meets.

"To prepare for a meet for me, I try to go out and eat, come back and stretch out right before. Take it easy, you don't want to psych yourself out before you even start," Jaffer said.

The boys have new challenges they have to face at every practice and meet. However, facing these challenges could help the boys in the future.

"I would not be where I am right now without swim teaching me all the fundamentals of life, time management and work ethic. Once you're a swimmer you have a swimmers bond, which you will have the rest of your life," Coach Jeff Klinski said.

The boys Varsity swim team ended their season with a 6-1 win ratio.



1. FAVORITE PASTIME Griffen Weber (9) swims breaststroke during this race. Weber won the race against his opponents. "I've been swimming for so long, and this is just something I love to do," Weber said. Photo By: Isabella Brazzale **2. TAKE YOUR MARK** Swimmers take their mark for their race, which is the 100 free. Carter Schuster (10) was in lane 5. "I just have the need for speed," Schuster said. Photo by: Alyssa Klimowski **3. GOING FOR DISTANCE** Eric Tinsley (10) swims the 500 free. The 500 free is the longest distance swim event in high school. "I like swimming the 500 because it shows me how far I could push myself," Tinsley said. Photo by: Isabella Brazzale **4.CHEERING THEM ON** Sajjad Jaffer (11) cheers on his teammates that are racing. With the support of teammates, positivity was in abundance. "Racing is the best aspect of this sport," Jaffer said. Photo By: Charmagne Abangan **5. A CLOSE BOND** The Varsity swim team cheers on the sidelines for their teammates as they swim by. This race was very intense for both teams. "I stretch out and listen to music to get me hyped up before the meet," Leo Bowman (10) said. Photo by: Isabella Brazzale **6. PREPARATION** *Carter Schuster (10) mentally prepares himself before the race.* According to him, being mentally prepared is a key to swimming. "I just got to get in the zone" Schuster said.. Photo By: Isabella Brazzale **6. DIVING INTO SUCCESS** Zach Ramacci (10) perfecting his dive right before DAC. He was preparing to compete to advance to state. "I'm just getting ready for sectionals and state." Ramacci said. Photo by: Isabella Brazzale

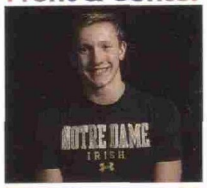
"Swimming is very time-consuming and it teaches you to manage time well and to be very disciplined."

CARTER SCHUSTER (10)

"Swimming has made me work harder. I got [mentally] stronger [and] physically stronger. It shaped me to a better person."

ANDREW ALMAZAN (10)

Front & Center



ERIC TINSLEY (10)

How has swimming impacted your life?

"I think that a large portion of my life has been based around swimming, and I feel that swimming has definitely taught me how to work hard."

What was your favorite memory?

"Last year at Sectionals I got to swim on a relay with three other seniors, and we broke the school record, as well as got to become All-Americans."

Describe your practice mentality.

"My mentality is to go out there every day, work hard and put in everything I have. In the end, if I can't make it, then I've just got to work harder and try again next year."

Rallying For A **WIN**

The girls Varsity swim and dive team shares what it's like to compete together.

The girls Varsity swim team dove into the season with 15 swimmers and four divers on deck. Taking home second place at the DAC championships, the girls made a splash throughout their season.

"This season has been very hard but with the support of one another and our encouraging coach staff I've been able to push through the hard times and find motivation," Jourie Wilson (10).

When competing, Paige Bakker (11) believes there is a specific mindset that needs to be achieved.

"A lot of the sport is in your head, you have to tell yourself 'No you can keep doing it, you can hold your breath, you don't need air,'" Bakker said.

Michaela Spears (12) describes how her love of swimming has grown immensely as her career went on. She also explaiins that having strict practice schedules, pushing to the limit and competing against others requires them to work hard.

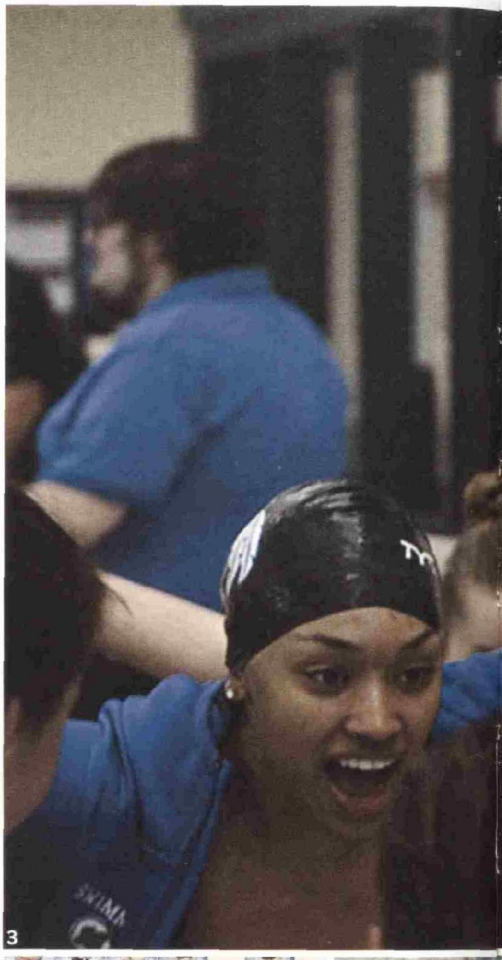
"Over the years, the sport has taught me to be hardworking, and I've met lifelong friends through swimming," Spears said.

Hannah Spoolstra (11) dove right into Varsity her freshman year. Although Spoolstra has been on the Varsity team for three years, she explains that it hasn't always been easy to maintain devotion for the sport.

"Swimming for nine years has created a love-hate relationship with the sport. I can't wait for conference and sectional meets. My teammates and I are eager to show others how hard we have been practicing," Spoolstra said.

For some athletes, swimming has been a part of their lives since they can remember. Maggie DePirro (12), one of the team captains, will be celebrating her final season.

"I'm so blessed and lucky to have this team and these girls on the side to cheer me on. To have them show their dedication to the team through morning and afternoon practices just to leave it all in the pool at meets is a big dedication," DePirro said.



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1. BACKING TO THE FINISH LINE Alyssa Todd (12) swims the 100 yard backstroke. She finished with her best time. "You have to put a lot of training and time into swimming, especially focusing on the event that you personally swim," Todd said. Photo by: Maisie Westerfield **2. READY FOR THE RACE** Susanna Noonan (12), Natalia Mendoza (12), Jessica Barenie (12) and Maria Gorgievski (9) anxiously watch their teammates compete. The girls competed at nine meets throughout the season. "Time goes really slow when you're behind the block. Everyone's nervous and you don't really know whats going to happen" Noonan said. Photo by: Maisie Westerfield **3. HUDDLED TOGETHER** Maggie DePirro (12) and Micheala Spears (12) lead the girls' team cheer. The swimmers got behind the blocks for the first event ready to swim. "Working my way through my senior season on the team has been a bittersweet experience. I've realized slowly that each major event has been a "last" of sorts," DePirro said. Photo by: Maisie Westerfield **4. SMILING ON THE SIDELINES** Maggie Depiro (12) and Hanna Spoolstra (11) smile as they prepare to hold the counter in the water for the boys 500 yard freestyle. This was Depiro's last year on the team. "I look forward to finishing the season off strong with my friends coaches and for another amazing season next year," Spoolstra said. Photo by: Maisie Westerfield **5. TEAM SPIRIT** Michaela Spears (12) smiles as her teammates cheer her on. The team celebrated senior night, congratulating all of the accomplishments of their older teammates. "I plan on swimming at a D1 college like both my sisters, but I haven't committed to a specific program yet. I am excited to continue my swimming career and thankful for the opportunities the LC swimming and diving team have provided for me," Spears said. Photo by: Charmagne Abangan **6. SWIMMING TO THE FINISH LINE** Megan O'Sullivan (10) sprints the 50 yard freestyle. She touched the wall taking fourth place in her meet. "The 50 definitely is a race that you have to keep working at constantly. Every movement, every turn, every breath counts. It takes just a finger tip to lose or win this race. You just have to go," O'Sullivan said. Photo by: Maisie Westerfield **7. CHEERFUL CHANTS** Kayla Garza (10) and Maddison Mercer (11) cheer with excitement for their team. Girls swim competed against Highland and won overall. "I have a lot of support from the girls. It's just a lot of fun being with them," Paige Bakker (11) said. Photo by: Maisie Westerfield

WHAT IS **YOUR** FAVORITE PART OF BEING ON **VARSITY?**

"Since I've been doing it so long my favorite part of swimming is just hanging out with my long-time friends. It's really truly like a family."
MICHAELA SPEARS (12)

"I think this will be similar to a lot of varsity girls but being with my friends on the team is my favorite part."
HANNA SPOOLSTRA (11)

"Being on the diving team has given me a lot of self confidence, so [I like] learning what I can do and laughing with everyone."
SHELBY NOONAN (9)

"I loved getting second at DAC because we had a chance to redeem ourselves. Also, I like how it's not as serious as the past years."
SUSANNA NOONAN (12)

Page By: Annika Gorney, Cori Leilia, Lilah Nelson, Nitya Shah and Morgan Taylor

PUTTING IN THE TIME

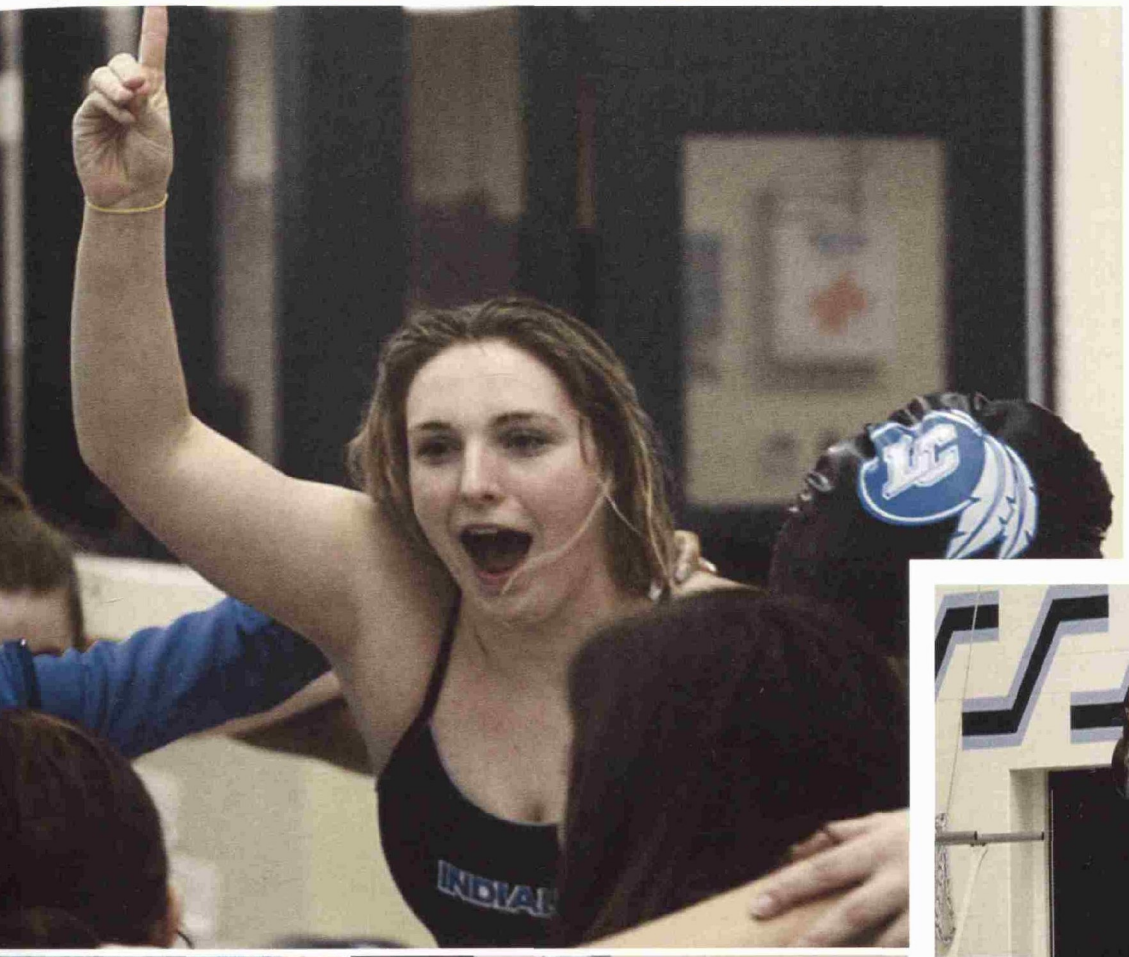
SWIM SEASON STATS

3 DIVERS ON THE VARSITY TEAM

9 MEETS DURING THE REGULAR SEASON

11 EVENTS THAT SWIMMERS CAN COMPETE IN

20 HOURS OF PRACTICE EACH WEEK INCLUDING MORNING PRACTICES



DIVING DEEP SHELBY NOONAN (9) DIVES DURING A MEET AGAINST HIGHLAND. SHE WON BOTH OF HER EVENTS. "I AM DOING AN INWARD 1 ½, OR A 403. IT IS WHEN YOU STAND AT THE END OF THE BOARD AND JUMP BACK BUT FLIP FORWARD." NOONAN SAID. PHOTO BY: MAISIE WESTERFIELD

"I love the atmosphere. It's completely different than club team is, we're a lot closer, I have a lot of support from the girls."

PAIGE BAKKER (11)

"Being a team captain and helping out my fellow teammates at meets always makes me happy."

MAGGIE DEPPIRO (12)

Front & Center

SHELBY NOONAN (9)

What got you into diving?

"My sisters started swimming when they were young so I was always around the water. Then I became a gymnast and I thought why not try diving as well."

What has been your biggest accomplishment?

"My biggest accomplishment is surpassing the seniors at dive and getting second at Highland Invite."

What has diving taught you?

"To not second guess yourself and to trust yourself and your capabilities."

Putting In
TIME & EFFORT

The girls JV cheer and dance teams work hard in order to advance at their competitions and prepare for next year.

The JV dancers, though a smaller team, have shown their ability to get the crowd excited. Many factors, like their mentality, tie into their performances and talent.

"The hardest part about dance is definitely the mentality you have because whatever mentality you have affects how you dance and how a practice goes," Chloe Hardesty (10) said.

While the dancers know that mentality can go a long way, there are a lot of other ways the team prepares for their performances. With practices every day, they express how they gain confidence.

"There [are] practices every day for two hours, and there [are] classes that you take to work for yourself. You can get better depending on what days are like and usually they are an hour long," Vivian Denson (9) said.

With all of the confidence the girls have, they talk about how they know they'll succeed. Adding to the girls' confidence is how much support they get from family, and their team members.

"I would have to say the other dancers have been my biggest motivation. We all have the same goals and I never wanted to let anyone down," Miranda Prowse (12) said.

As Prowse gets ready to leave, she has high hopes to win state again. She also hopes to leave her legacy by preparing the underclassmen for their next season.

"Since it's my last year, I really want to be a good leader for the team. I want to help out as much as I can, especially since I am injured, and motivate the team to win state again," Prowse said.

The JV dance team describes how the seniors are role models for them to look up to. Seniors explain how important the JV team are and teach them to one day to be like them.

"The seniors are guiding us very well and it's like, someday I really want to look like them, and they have great standards on how to perform in dances," Denson said.

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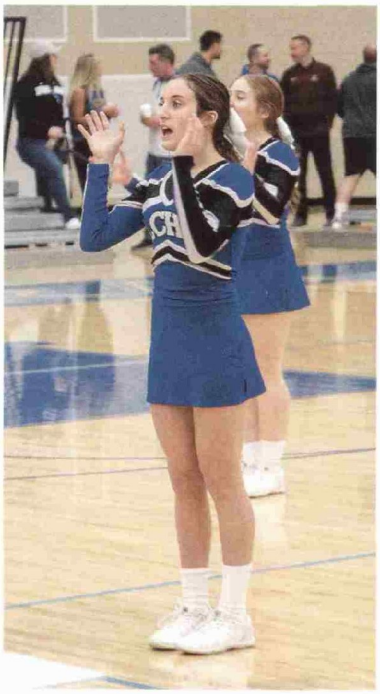

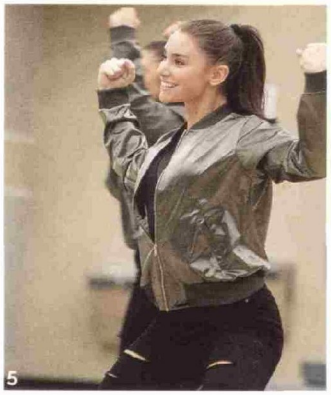

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1. SMILING FOR THE CROWD The Cheer team stands behindposter boards. The boards said "Indians". "I like making new friends and seeing everyone at the games while I'm cheering," Savannah Uphues (9) said. Photo by: Icyss Meredith. **2. LOOKING FORWARD** Vivian Denson (9) looks at the audience during the winter pep rally dance routine. They performed halftime at a basketball game. "Going through my head was just remembering to have fun during the routine but also staying strong with the movements. It was important because I was performing in front of a crowd," Denson said. Photo by: Emily Prince **3. SHOWING OFF** Jillian Brzozowski-Fryzel (9) dances in the Winter pep rally to show her dance skills. She was dancing with all of her other teammates to show their excitement for the dance. "I think our performances went very well, and it was a fun experience for all of us," Brzozowski-Fryzel said. Photo by: Nitya Shah **4. HALFTIME** Alexa Remley (9) claps during a cheer. This was during a boys JV basketball teams' game against Chesterton. "What excites me most about cheer is learning new tumbling skills and at games I like doing tumbling during a timeout so the crowd doesn't get bored," Remley said. Photo by: Icyss Meredith. **5. PUMPED UP** Vivian Denson (9) looks at the audience during the dance routine. She pumped her fists in the air. "I was really excited, because all the stands were full," Denson said. Photo by: Nitya Shah **6. GOOD LUCK** Jenna Giannini (10) holds hands in the air during a free throw. The team put their hands in the air for good luck. "One thing that excited me about cheering games is I really like being able to cheer on the basketball court, it really makes me excited for the games," Giannini said. Photo by: Icyss Meredith **7. BETTER TOGETHER** Lauren Gnatt (10) performs a cheer routine during halftime at a basketball game. Gnatt chanted along-side her team."In this picture I'm doing the Lake Central fight song. Every halftime we do this when the band plays." Gnatt said. Photo by: Adriana Rodriguez

WHAT WAS YOUR **FAVORITE** MEMORY IN **CHEER?**

"When we went to state this year. We got second out of ten teams and we haven't done this in a long time throughout the years."

LAUREN GNATT (10)

"Getting second in the state. We didn't expect getting a high score. We were so shocked when we heard the judges call our school name."

ABBEY ZARLENGO (10)

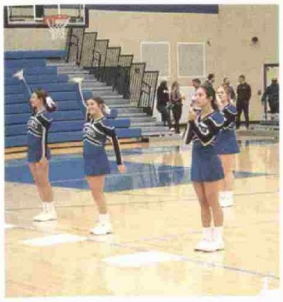
"Just all the bus rides home from competitions when we all would talk and laugh with each other."

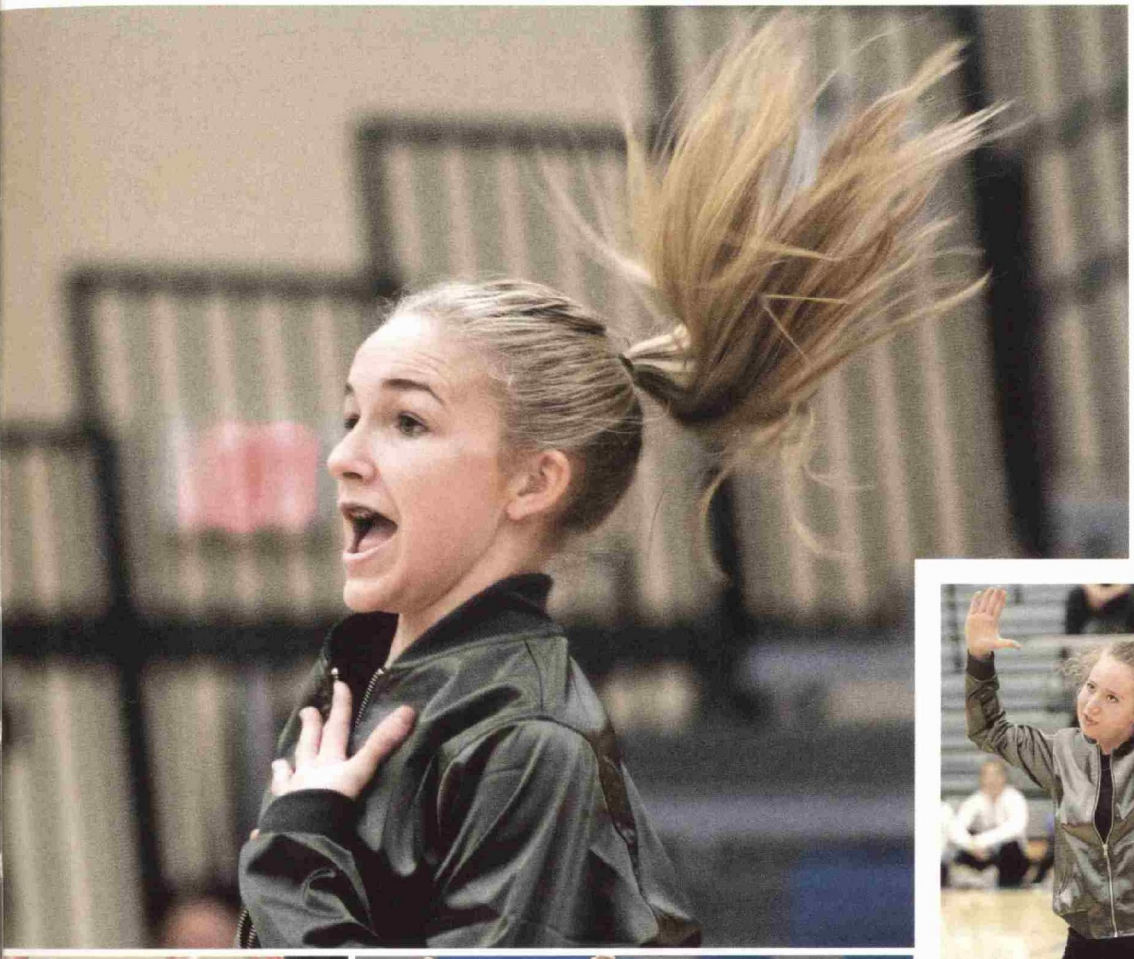
MIA GEENEN (9)

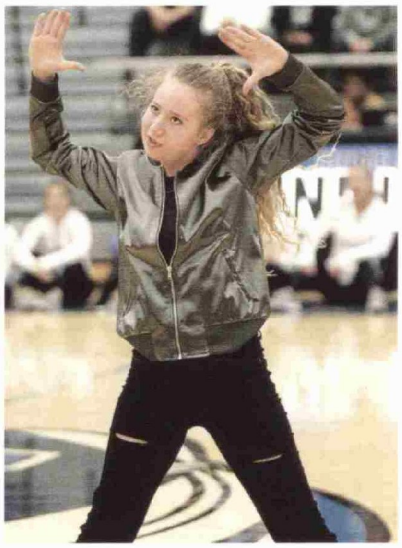
"My favorite memory was when we won second in state. We were so happy and it was a nice event."

ERIN SANFRATELLO (10)

Page By: Kylie Biehler, Colleen Dyra, Kelly Hayes, Alyssa Klimowski, Icyss Meredith, Isabella Villareal, Lilliana Schroder and Nitya Shah







FEELING FREE FIONA HOPKINS (9) DANCES DURING THE WINTER PEP RALLY. THEY DANCED BEFORE THE VARSITY TEAM. "I THINK I LIKE HIP-HOP BECAUSE IT'S MUCH MORE FUN AND YOU CAN BE MORE FREE," HOPKINS SAID. PHOTO BY: JADE MEHOK.

Pom Poms or Flips

Students were asked whether they prefered to watch cheer or dance prerform.

*poll out of 330 students

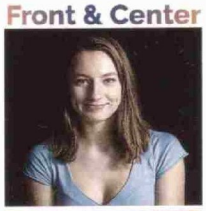
"Probably getting 2/10 at state for the first time in a while."

JENNA GIANNINI (10)

"Winning second in state. We came second to Carmel and I couldn't have been prouder of my team. We've over came a lot this season."

MEGAN MICHALIK (10)

Front & Center



MEGAN MICHALIK (10)

What was your goal this season?

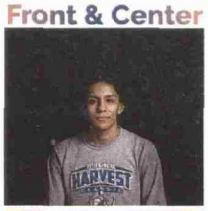
"One of my personal goals this year was to work on perfecting all of my skills and throwing them at competition. I was really motivated at the beginning of the year to achieve this goal."

Why did you get into cheer?

"My brother played football and I saw the cheerleaders and it looked so interesting, so I decided to become a cheerleader the next year. Ever since then, I've just continued."

How do you feel you did this season?

"Personally, I feel like I could've pushed myself a little more when it came to my tumbling. But as a team, I thought we did amazing getting second in state, so I was really proud of us."



NATHAN DELGADO (10)

Do you feel like people appreciate wrestling enough?

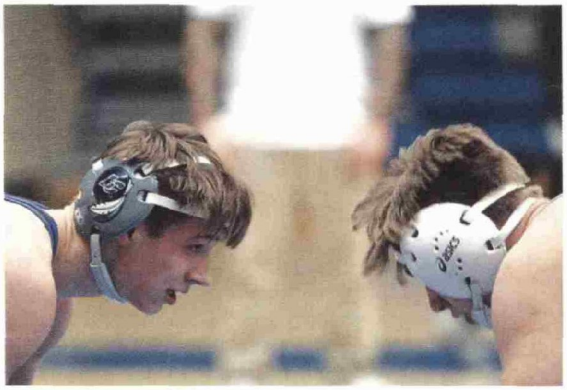
"I feel that wrestling is one of the most under-appreciated sports. Almost no fans come out like other sports. I think it would be better if our meets got published as much as basketball."

Why did you get into wrestling?

"I got into wrestling because I had a family who wrestled, so I thought I'd try it. I also like one-on-one sports because every opponent is something new."

What is the hardest part of wrestling on a daily basis?

"The hardest part about wrestling is the mental game. You have to be in the right mindset to push yourself to practice everyday."



HEAD IN THE GAME ALEX MICHALIK (11) GETS READY TO WRESTLE IN A MATCH WITH HIS OPPONENT. HE WAS LOOKING OUT FOR THE OPPONENT'S MOVEMENTS. "I'M WAITING FOR A GOOD OPPORTUNITY FOR A TAKEDOWN," MICHALIK SAID. PHOTO BY: EMILY PRINCE

Three's A Crowd

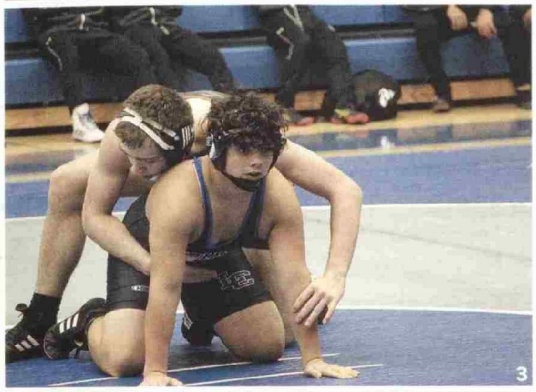
Do you prefer swimming, wrestling or basketball?

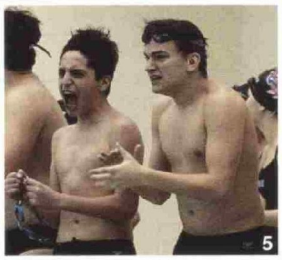
*poll out of 330 students

WHAT IS **YOUR** FAVORITE PART OF YOUR **SPORT?**

Page By: Colleen Dyra, Kelly Hayes, Alyssa Klimowski, Jade Meholic, Iyyis Meredith, Isabella Villareal and Lilliana Schroder

Work Hard, SWIM HARDER





According to the JV boys swimmers, wrestlers and basketball players, they are the future of Varsity. The players have all said they've had a good season this year. JV wrestling team is going really far this season, with only one loss with the support from older teammates.

"This year the team is doing pretty good. JV is the future of the team. I'm really excited about what we have going on right now. I know all of us on JV will do amazing on Varsity. Being an older JV wrestler I have to be a role model for the freshmen and help them when they're scared or nervous," Xavier Gomez (10) said.

The JV swim team also said that they've had a great season. They've not only grown as a team, but also as individuals. The team has established leadership by giving roles like team captain to be a role model for underclassmen.

"I think the highlight of the season so far is our team's and individual progress. The upperclassmen have tried to encourage me to try my best and improve. Our captain, Eric Tinsely [10], is my inspiration because he puts everything he has into practice and it shows when he races. One day I had to come back from missing four days from the flu. I got into the water and was going way slower than usual. What got me through was knowing that I had to push through if I wanted to get better," Daniel McGrath (11) said.

The JV basketball team is also full of leadership brought on by the older teammates who are proud to lead the freshman team. The team stays honest with what they hope to improve on but also shares how hard they're working to improve on their weaker areas.

"I feel like the only thing the team can improve on is our defence, but we're practicing every day to get better. I like being a sophomore on JV because we lead the team. We teach freshmen how to play and act on a Lake Central sport team," Jacob Zezovski (10) said.

The JV teams share their duties, goals and how their teams are built on leadership.

1. FROM BEGINNING TO END Aidan Ace (9) swims at a meet. Ace was doing the breaststroke. "I love the breaststroke, it's one of my favorite strokes," Ace said. Photo by: Maisie Westerfield **2. READY FOR THE STEAL** Jacob Zezovski (10) watches number 34 of the Gary Lighthouse Lions, as he has control over the ball. They stood guard, ready to take the ball back. "It's hard to try and get the ball when everyone else on the court has the same idea," Zezovski said. Photo by: Adriana Rodriguez **3. WAITING FOR THE WHISTLE** Benicio Cardenas (9) is tackled by another opponent. He was trying to step up on his match. "I was waiting for the whistle blow to escape from bottom," Cardenas said. Photo by: Emily Prince **4. LEAP OF FAITH** Jaiden Clayton (10) attempts to make a basket. Two players from the Gary Lighthouse Lions blocked Clayton from doing so. "My height was such an advantage in this game. I'm made to be a baller," Clayton said. Photo by: Adriana Rodriguez **5. CHEERLEADERS** Taki Jaffer (9) cheers for his fellow teammates from the sidelines. Jaffer screamed and clapped as an LC swimmer took the lead. "The coach said if we cheered we'd get pizza," Jaffer said. Photo by: Maisie Westerfield **6. LAST LAP** Dylan VanVleck (9) does a backstroke to finish his last lap. He was the first to finish in the relay and took the lead. "I was very confident, I had good pacing and I personally think I'm good at backstroke races," VanVleck said. Photo by: Maisie Westerfield **7. IN THE PAINT** Jack Mahoney (10) shoots from the free throw line. Mahoney ended up scoring, adding to the already existing lead. "They leave it to me to rack up points, shooting threes are my favorite," Mahoney said. Photo by: Adriana Rodriguez

"My favorite part about wrestling is how close me and my teammates are. We're like a family, and we hang out outside of school."

XAVIER GOMEZ (10), WRESTLING

"I feel like anyone else on the team. Everyone has their own role and job; everyone's got what they need to do to make the team better."

NICHOLAS DYKSTRA (10), WRESTLING

"The meets, because they are tense, and we have close races. It makes it suspenseful. Like who will win? One race can determine that."

AIDAN ACE (9), SWIM

"My favorite thing about wrestling is the diversity. I like that it's one on one and every round is something different."

COLIN CRIMMINS (10), WRESTLING

"I like being a sophomore on the JV team because, we lead the team now, and we get to teach the freshmen the ropes."

JACOB ZEZOVSKI (10), BASKETBALL

"I like that it's a team for all genders, and I wish more girls would join."

DEVYN MOORE (9), WRESTLING

Making A FAST BREAK

The Junior Varsity girls swimming season comes to a close after requiring time and effort.

As the season comes to an end, the Junior Varsity girls swimming team reflects on the good, the bad and the difficult times they faced. The girls had many goals (personal and team-wise) to achieve. The swimmers worked together to finish the season on a good note.

"My main goals have been to cut time and get better throughout the season. I plan to achieve these goals by working hard in practice and conditioning myself," Abigail Holmes (9) said.

The girls set goals for themselves in order to improve throughout the season. The dedication from the girls enabled the team to do well this year.

"Our JV team has done well so far this year. Most of the girls are brand new to swimming. [Regardless], they have worked hard to learn the strokes and techniques throughout the season," Coach Todd Smolinski, Social Studies said.

The team succeeded as a whole this year and the girls have their own reasons for doing the sport. Swimming is a way to escape everyday stress for some members of the team.

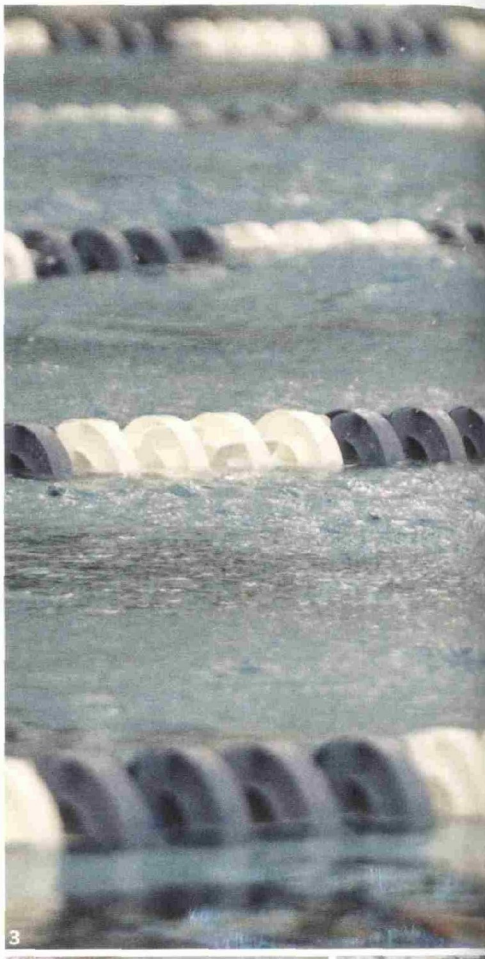
"I do this sport because I love being in the water. It takes your mind off [of] things because all you can do is focus on what you're doing and nothing else," Victoria Torres (9) said.

Many of the teammates make sure to work together in the pool and outside of it. They do this in order to strengthen the bond between the team members.

"I think my teammates and I work well together because we are with each other all the time and are best friends," Torres said.

Many girls on the team think that working harder and strengthening their weaknesses will help them succeed in next year's season.

"I really want to stand out to my coaches, but I didn't take it seriously enough during preseason. I have three more years so I have three more chances," Addyson Popoca (9) said.



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1. DIVE INTO THE COMPETITION Abigail Burton (10) swims through the lane during a home meet. This meet took place on Jan. 23. "Swimming is what makes me happy. I'm able to push myself and have goals," Addyson Popoca () said. Photo by: Allison Potpora **2. THE TRIO** As Brittani Koons (10), Catherine Foster (10), and Kai Dilosa (10) defend their net, the opposing player runs out of options and loses the ball. With a strong defense, the JV girls shut down their opponents and conquer the court. "My goals going into the season were to always give 110% and be a teammate to the rest of my team," Koons said. Photo by: Taylor Anderson **3. BREATHING EXERCISES** Jayliannie Perez (9) comes up for a breath during her race. She pushed past her competitors and used the skills she learned in practice. "I think like every team we get along, but we do disagree on some things," Abbey Holmes (9) said. Photo by: Allison Potpora **4. EYE ON THE PRIZE** Sydney Copak (10) concentrates on the net as she takes her free throw against West Side High School. The game was on Jan. 15. "Our main goal is to win our last couple of games and work together to be the best we can be," Copak said. Photo by: Taylor Anderson **5. FOCUS ON THE WIN** At the swim meet against Munster, a Junior Varsity swimmer focuses on her next move and breath to beat her competitors. When asked on training for meets, Victoria Torres (9), said, "I plan to achieve my goals by pushing myself and going to practice every day. We have practice six days a week and meets about every week," Torres said. Photo by: Allison Potpora **6. TEAMWORK ALL THE WAY** Maria Gorgievski (9) looks towards her teammates on the side of the pool, who were cheering her on throughout her race. "The last seconds of the race are so important because you can start hearing everyone calling your name and cheering you on. It's also where you catch up and make sure you beat the girls besides you" Gorgievski said. Photo by: Allison Potpora **7. CAN'T GET THROUGH** Catherine Foster (10) jumps to block a pass from the other team. She threw her arms in the air to prevent the other team from making a basket. "[My favorite part of being on the team] is probably the family that is made and the bonding we have as a team," Foster said. Photo by: Taylor Anderson

OVERVIEW OF THE TEAM

PIECE BY PIECE

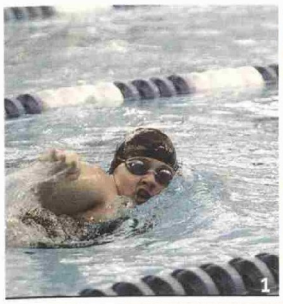
8 GIRLS ON THE BASKETBALL TEAM

6 SOPHOMORES ON THE JUNIOR VARSITY BASKETBALL TEAM

11 GAMES WON IN THE BASKETBALL SEASON

5 LOSSES IN THE BASKETBALL SEASON

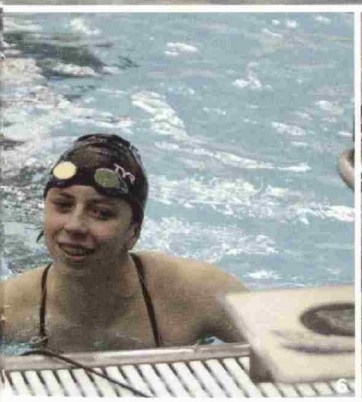
Page By: Bailey Egan, Allison Potpora, Justyce Reed, Ava Solis and Elizabeth Sulek



Swimmer Support

Have you ever been to a swim meet?

*poll out of 406 students



EARLY START KAI DILOSA (10) DRIBBLES DOWN THE COURT WHILE PROTECTING THE BALL. DILOSA WAS ABLE TO PASS THE BALL OFF TO ONE OF HER TEAMMATES. "I REALLY LOVE WHAT I DO AND IT'S JUST EXCITING TO PLAY BASKETBALL," DILOSA SAID. PHOTO BY: CALEB CHEN

Front & Center

SYDNEY COPAK (10)

Why did you join the team?

"[I joined basketball because] I really liked how fast-paced and exciting [it was] to watch and I just wanted to be apart of the action."

What are your goals for the season?

"For this season, I want to get better at my position as a post, making more shots, and I hope to reach this by practicing and working on it more."

What is the team's main goal?

"Our main goal is to win our last couple of games and work together to be the best we can be."

How does your team contribute to your personal goals?

"I think my team definitely contributes to me reaching these goals, by pushing me to get better, and I think we work well together when we communicate."

Club Mentality
SPORTS REALITY

Hockey and bowling are not IHSAA sports, and they are considered outside clubs, hindering their recognition.

With a multitude of both clubs and sports, the recognition of some sports can be overlooked. Non-IHSAA approved sports, like club bowling and hockey, do not receive the same acknowledgement as other sports do.

"I don't like how bowling is just a club sport because I would at least like to get recognition; that's all I want. I just want recognition for our hard work," bowler Julianna Bohlin (11) said.

Although the teams practice and compete like sports, they are still considered clubs. Hockey player Jason Finley (12) explains his feelings on the subject because they are dedicated to the activity and represent the school.

"It's pretty aggravating that we don't get the recognition as a team when we work out there to represent LC," Finley said.

Despite their efforts, the bowling and hockey teams are not regarded as an official sport. They are disassociated from the other sports and don't receive extra perks, like a recognized sports banquet or a bus for transportation even though they wear the school name.

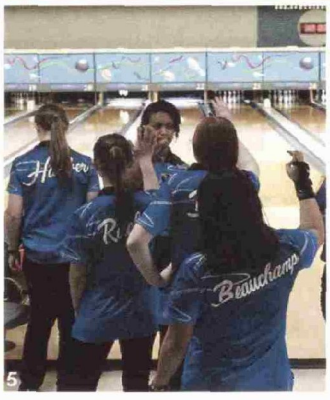
"Nobody really knows about us. We still practice like the other sports and we still wear Lake Central on our jerseys," bowler Camille Hauber (10) said.

However, the lack of IHSAA approval does benefit the bowling team in some aspects. The team is able to attend more games and practice more, because they pay for most of their equipment and competition fees.

"The sport would cost more to participate in and we wouldn't be able to compete as much or compete in competitions as far as we do now," bowler Ricardo Paz (12) said.

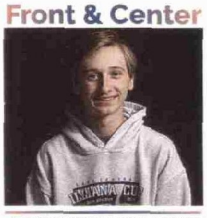
Both teams practice multiple days a week, however, the sports are still overlooked. Despite this setback, the bond the teams form is unbreakable according to hockey player Will Renschen (10).

"We always act like brothers. Brothers don't really like each other but they love each other and that's how we are. We love each other," Renschen said.



1. A YEAR TO REMEMBER Marko Konar (11) watches his ball go toward the pin. Picking up this spare was crucial for the match. "It's been an incredible year and hopefully we're just as successful [in the] next matches," Konar said. Photo by: Brenna Sealy **2. PUSHING FORWARD** Cole Maynard (11) prepares for his teammate's next move. The varsity hockey team lost their game against Bishop Noll 3-2. "That game was a very tough loss. We didn't show up, we didn't play our game, and we didn't run our systems," Maynard said. Photo by: Brenna Sealy **3. THE ROAD TO STATE** Ricardo Paz (12) talks about bowling strategies. He was one of two bowlers from the conference to make state. "I'm beyond excited and super grateful for this opportunity. If you had told me I'd be in this position four years ago, I would've been shocked," Paz said. Photo submitted by: Brenna Sealy **4. INTO THE ZONE** Jason Finley (12) skates around his teammate to intercept the puck from the opponent. Finley is one of the eight seniors on the team this season. "We built a family on this team. It's kinda hard to move away from that," Finley said. Photo by: Brenna Sealy **5. BETTER TOGETHER** Alaina Collins (10) high fives her teammates after her turn. The girls were supportive of each other throughout the match, and made an effort to cheer everyone on. "Most of the support is nonverbal, like high fives. If it is verbal, it's usually 'You got this!' or 'Keep it up,'" Collins said. Photo by: Alayna Wilkening **6. PRACTICE AND PREPARATION** Grayden Taylor (12) passes the puck on to a teammate. The team practiced twice a week to prepare for their games. "We practice twice a week on the ice and once off ice. I wish we could have more, but to get time to practice is expensive for the club," Bryce Keslin (10) said. Photo submitted by: Brenna Sealy **7. SURPRISING SUCCESS** Camille Hauber (10) gives her teammate a high five. The girls bowling team won their final sectional game, coming out in second place overall. "We made it out of sectionals, which we never thought we would do," Hauber said. Photo by: Alayna Wilkening

Front & Center



JACOB SKERTICH (10), HOCKEY

What is the main difference between the All Star and LC team?

"It was a lot slower and a lot easier because the team I was on played more as a team and not by themselves. The Lake Central team plays more as a one-man band."

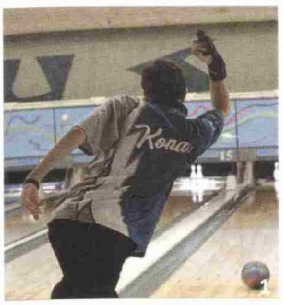
Did you learn any new strategies on the other team?

"Yes, for example, I'd always sit back in the net for the LC team, but for the All Star game I was playing more aggressive. Once I went back to the LC team, I was more aggressive than I had been."

Which team did you enjoy playing on more?

"I liked the All Star team because it was a lot easier, but I also like the LC team because it puts me in a tougher situation to work harder and that will condition me for better hockey."

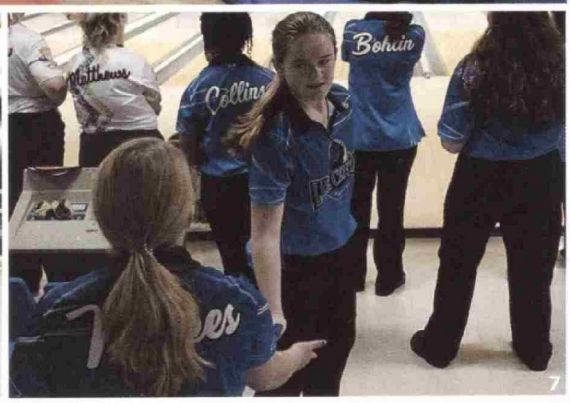
Page By: Jonu Rivera, Brenna Sealy, Nitya Shah and Alayna Wilkening



Recognize or Disguise

Students share their opinion about if hockey should be considered a sport.

*poll out of 345 students



END GOAL RYAN BANDSTRA (11) HEADS FOR THE GOAL AS HE SKATES ACROSS THE RINK. THE VARSITY HOCKEY TEAM WENT AGAINST BISHOP NOLL ON JAN. 26. "WE'RE TRYING TO COMPETE AND OUT WORK THE OPPONENT EVERY GAME," BANDSTRA SAID. PHOTO BY: BRENNA SEALY

ROLLING TO SUCCESS

BOWLING

2ND THE PLACE THE BOYS TEAM GOT IN CONFERENCE

1 BOY ADVANCED TO STATE

4TH THE PLACE THE GIRLS TEAM GOT IN CONFERENCE

1 GIRLS TEAM ADVANCED TO REGIONALS

All In GOOD FUN

Intramural sports are options for students who want to play in a less intense setting.

A In a school consisting of more than 3,000 kids, it can be hard for students to find their niche. Intramurals are a way for students to play a certain sport without the pressure that traditional sports bring. From taking their mind off all the stress of school to just wanting to hang out with friends, there are many reasons to join intramurals.

"I decided to join an intramural sport because it's fun and it keeps my mind off of school. Intramurals is an escape from all of the stress from school and you get to spend time with your friends," Lindsey O'Keefe (11) said.

Joining intramurals gives kids a way to stay in shape while not having pressure and tension put on them if they make mistakes. It also gives people that are unable or do not want to play the traditional sports a chance to play them.

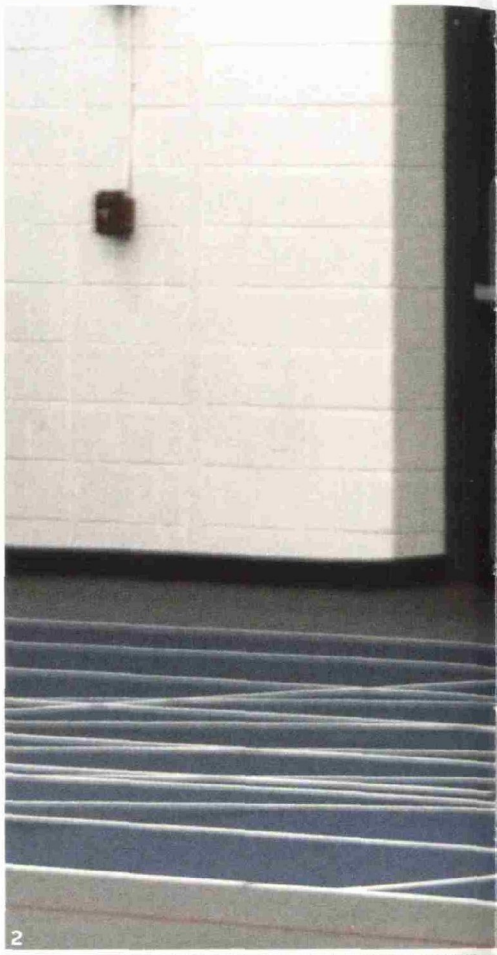
"I think intramural volleyball is a really good idea because we don't have a boys volleyball team so boys get a chance to play volleyball too, and I grew a lot closer to people I didn't even know that were on my team," Mariana Bendinelli (11) said.

There are eight teams in volleyball and around 90 kids in the program altogether. Students are able to learn proper techniques and spend time improving their weaknesses within the sport.

"I think it's a good idea if you want to learn a sport or play a game semi-competitively, but you don't want to be super stressed about it and spend time with your friends. [It is] some good bonding. I think it's a lot less pressure and no one really takes it seriously," Noelle Massa (11) said.

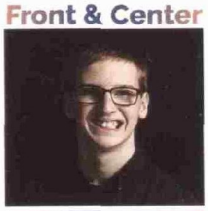
There are multiple different intramural sports available. This helps to give as many options for teams as possible.

"I would [recommend intramural sports to people] because they play volleyball and flag football and five on five basketball. I think it's definitely something to do if you have free time on Tuesdays and Thursday. If you have some free time to go out and join a team, get a team together," Mateo Cedano (12) said.



1. SET UP FOR SUCCESS Robert Macneill (12) sets up a serve. He joined the team this year. "I decided to join an intramural sport because I've known Mr. Gurnak and he told me about it," Macneill said. Photo by: Charmagne Abangan **2. JUST GOT SERVED** Youssef Errihani (12) extends his arms to bump the ball to his teammate. Errihani joined the team Shut Up Hailey with his friends. "Intramurals is more about friends and fun whereas a traditional sports team you actually have to care about whether you win or not," Errihani said. Photo by: Charmagne Abangan **3. GOOD GAME** Two teams shake hands to show good sportsmanship. They had just played a game during the intramural volleyball season. "So a few of my friends who I played club volleyball with in 8th grade made a team so they asked me to join and it was a way to keep active in the winter too," Mariana Bendinelli said. Photo by: Charmagne Abangan **4. WHAT A SERVE** An intramural volleyball player throws up the ball to serve. As the ball came back down, she used proper form to hit it over the net. "I didn't know how to play volleyball really at first. I mean I'm slightly better at volleyball now," Noelle Massa (11) said. Photo by: Charmagne Abangan

Front & Center



JOHN SCANLON (11)

What are the benefits of intramurals?

"You get physical activity and you get to hang out with people on weekdays that you wouldn't normally get to see."

Who was on your team?

"Jason Doyle (11), Nathan Doyle (12), Nicholas Firlej (12), Gianni DiTola (11), Jack Schilling (11), Elle Schilling (11), Lindsey O'Keefe (11), Cameron Little (11) and Mallory Gagliardi (12)."

What have you learned being in intramurals?

"I've learned that being a good sport and cooperating with my teammates will teach me valuable life lessons and will be useful when I have to work with other people in a job."

Page By: Taylor Anderson, Bailey Egan, Allison Potpora, Justyce Reed, Nitya Shah and Elizabeth Sulek

BUMPING THE DIGITS

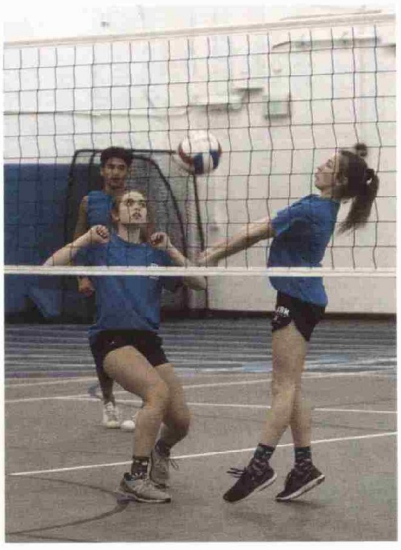
LET IT, SET IT

90 PARTICIPANTS IN INTRAMURAL VOLLEYBALL

12 NUMBER OF GAMES IN INTRAMURAL VOLLEYBALL

8 NUMBER OF TEAMS PARTICIPATING IN INTRAMURAL

9 THE MOST NUMBER OF GAMES WON BY A SINGLE TEAM



STAY CLEAR NOELLE MASSA (11) FOCUSES AS SHE BUMPS THE BALL UP. LILLIAN ZUBECK (12) MADE SURE TO GET OUT OF MASSA'S WAY. "I'VE NEVER PLAYED VOLLEYBALL BEFORE I JOINED I [FIGURED I] MIGHT AS WELL LEARN HOW TO PLAY," MASSA SAID. PHOTO BY: CHARMAGNE ABANGAN

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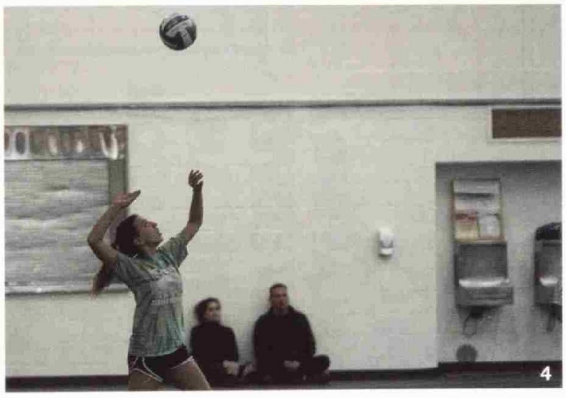


4

Overlooked or Just Right

Do you think intramurals deserve more attention?

*poll out of 361 students

Pages By Alex Stern, Gabrielle Bezzazie, Jackson Vacek and Chris Hall

OFF CENTER

For some students, clubs are more than just another extracirricular activity

Papers Not Yet 'Signed'

For a club to be official there has to be a teacher signed on as an advisor, but there are unofficial clubs run by students

Despite all the athletic opportunities at Lake Central, some students find themselves better suited to play their sports outside of school. Thomas Wright (10) plays hockey, but not with the LC team.

"I play hockey for Chicago Mission. I've never tried out for Lake Central hockey, I've been playing since I was five and I just always want to be put in the top competition and Mission is just a step above," Wright said.

> **"WHEN I STARTED PLAYING I JUST FELL IN LOVE WITH IT, I STILL AM, THAT'S THE REASON I PLAY."**
>
> **THOMAS WRIGHT (10)**

Playing for a club team instead of a high school team can set players apart from high school athletes. Wright finds playing for club as a better opportunity and fit for him.

"I like playing for Mission because I feel like they help me develop as a player, and the coaching and practices are all really fun. My coache coaching style is really good and they interact with us, they're not like one of those coaches that only yell, they actually talk to you. My favorite thing about hockey is scoring goals, obviously, and just having fun everytime I go on the ice. Mission pushed me because of the commitment we have to have because of the practices every week and the games every weekend, I feel like it just helps me on the ice get better and better," Wright said.

Playing for Mission means Wright plays with kids from all different schools. To some, this may be intimidating, but Wright views it a good opportunity.

"I like my team a lot, we always get to bond because we get to see each other all the time, and our friendships just keep developing while we're together. I like not playing with people from LC because I feel like it's better to be able to interact with kids that don't go here," Wright said.

Wright viewed taking a different path than most high school athletes as the best opportunity for him. Wright's love for the sport has kept him playing.

"Everyone that knows me pretty much knows that I play hockey. When I started playing I just fell in love with it, I still am, that's the reason I play," Wright said.

SKATING FOR A SCORE. Thomas Wright (12) skates around an opponent in an attempt to score. Wright has played for multiple teams including Chicago Mission.

59% of students say that their **sport** is **under appreciated**

*poll out of 392 students

WHICH **SPORTS** DESERVE MORE **RECOGNITION?**

"Diving, becasue it can be really scary and I know a lot of kids that wouldn't even get on the diving board let alone do flips. Plus the team is really fun."

MADELYN STERNFELDT (10)

"Tennis, It's a lot of cardio and takes a lot of hand eye coordination which a lot of people don't have in this school and I think it's a cery challenging sport. I think people should give it a try."

RYAN MCDANIEL (11)

"Wrestling, becasue the school doesn't fund us money, we have to do all the fundraisers for the whole year ourselves"

NATHAN DELGADO (10)

"Dance, because they win everything and no ones cares because the school only cares about football."

BRIANNA BENKO (11)

"Tennis, becasue we actually have a really good team, we won sectionals last year and no one shows up for them."

TORIE HARPER (11)

"I think girls swimming because no one ever talks about it and the meets are actually really fun."

NOELLE MASSA (11)

BATTLE FOR ATTENTION

A look at opposite ends of the sports spectrum

7 TIMES THE BOYS SWIM TEAM WON A MEET
*out of 21 meets

3 TIMES THE FOOTBALL TEAM WON A GAME
*out of 10 games

19 HOURS THE FOOTBALL TEAM PRACTICES EACH WEEK

19 HOURS THE BOYS SWIM TEAM PRACTICES EACH WEEK

Q&A

WITH CORA MCCOY (11)

Why do you cheer for your club team?

"I've been doing all-star competing cheer since I was 2 years old. I did not enjoy school cheer at all, it was not my thing, it's so much different than competitive. school cheer is not that competitive or intense at all."

Why did you stop cheering for LC?

"It's nowhere near competitive. With competitive I get to travel all over the country and compete against sometimes 15 or more teams in national competitions. I am thankful for my freshman year of school cheer because it gave me all my best friends and helped me meet everyone who I'm friends with today. The coaches were great people and I had a good experience and I love them both dearly. But overall, school cheer just is not for me and I did not enjoy it."

Have you ever thought about going back to LC cheer?

"My mom does miss watching me cheer at the games and she does want me to go back to LC cheer very bad because she also likes me being involved in school. Me and her have talked about it and yeah sometimes I do miss representing the school and people actually viewing the fact that I'm a cheerleader because some people don't even know. And they are so oblivious to all-star cheer. So when they see people in school cheer uniforms they automatically think they are the only cheerleaders when in reality that is not the case. Me and her finally came to an agreement and next year I'm going to enjoy my senior year most likely and just not do cheer at all for my last year.even though I've been doing competitive for so long but that may change. I just know I will not go back to school cheer."

HOME AT HALF COURT

The Winning Basket

"My friend I went to the boys sectional basketball game back in 2018. It was the end of the 4th quarter and Crown Point was winning, but then one of the players on the LC team scored the last 3 points at the 3 point line with only 10 seconds left. Right when the ball went into the hoop, the game ended with LC winning. Everyone was screaming in excitement."

Sarah Gross (11)

The Crowd Goes Wild

"During the veterans day assembly in November, one thing that specifically stuck out to me was the USA chant all the students took part in. With all the separation between people and political views in this country nowadays, it was a sight to see as all the students gathered chanting "USA." With all the veterans in attendance, I can only imagine how it made them feel seeing all 3,300 students in attendance honor our great country."

Eric Graham (11)

Same Old Thing

"I actually think the gym is pretty boring. When I went to gym class, it was always 'what sport are we playing today?' You stretch and other things, but the gym revolves around playing sports. When I go into the gym I just think about the sport events that I went to."

Sharon Austin-Weinstein (10)

Glory Moment

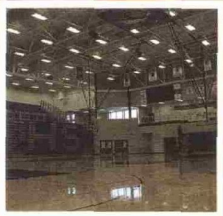
"We were playing basketball, and I am litterally terrible, I'm just awful. We were playing in the gym and the ball got passed to me. I don't know why anyone in their right mind would pass it to me, and I don't know why I even shot it, but I did and I made it, which made my team win. So that is what i think of when I go in the gym."

Joseph Browne (11)

Stampede

"When we won sectionals for basketball everyone in the student section flooded the basketball court. I did not react fast enough, which made it funny because I got ran over by two people wearing Timberlands and thought I broke my leg."

Madison Re (11)



My Second Home

"I spend most of my time in the gym practicing my shots and bettering my game for basketball. Since I'm there all the time its like a second home to me. I just feel at peace as soon as I step in."

Samantha Miller (11)

Sleepover

"When I think of the gym I think of the upstairs gym because during cross country season we had our team bonding night sleepover in that area and I've never been up their again so I just think of that"

Shelby Noonan (9)

Nice to be back

"I love how we were able to bring back pep rallies. We did our first one in 2015 and when we were able to do graduation in the gym. I think that was pretty awesome so we can have it back at home."

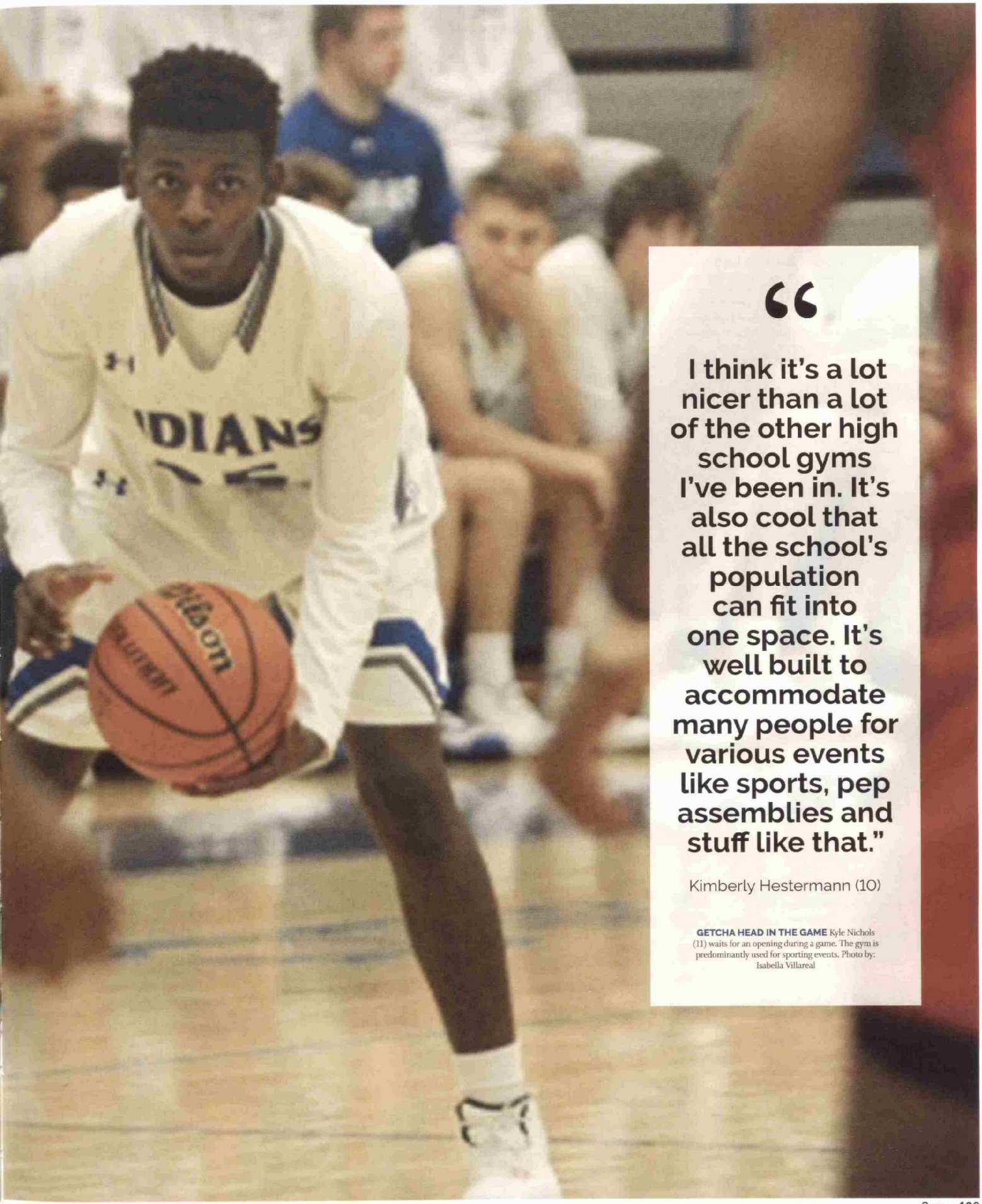
Erin Novak, Dean

Sheltered

"I think the track and the fence around the gym is really advanced. Athletes can train indoors rather than being outside and suffering in the cold weather."

Yesenia Garcia (10)

Page By: Mia Born, William Churchill, Allison Irace, Eden Schilling and Nitya Shah



> “I think it’s a lot nicer than a lot of the other high school gyms I’ve been in. It’s also cool that all the school’s population can fit into one space. It’s well built to accommodate many people for various events like sports, pep assemblies and stuff like that.”
>
> Kimberly Hestermann (10)

GETCHA HEAD IN THE GAME Kyle Nichols (11) waits for an opening during a game. The gym is predominantly used for sporting events. Photo by: Isabella Villareal

FAMILY ON THE FIELD

We Are Family

"It symbolizes family. That's what football is, our family. We win together; we lose together and we had a bunch of moments on there. [My favorite moment was during] our last game when we lost, we all came together and comforted our seniors since it was their last year. We were saying our goodbyes and cleaning out our lockers."

Brandon McNeal (11)

A Backup

"The football field is nice to practice on when the regular soccer field is all muddy or if the grass isn't cut. [My favorite moment was] teaching little kids how to play soccer during the summer. There was a kids' summer camp. [We used the football field for] conditioning when the field isn't good to use."

Erin Pistello (9)

Practice Makes Perfect

"All summer we practiced on the field and put in work to try to have the most successful season as possible. I think the football field gave us a great advantage of speed of play and made us work harder."

Madalyn Doreski (10)

Get in Formation

"The football field is important because it's what [the band] always performs on so we have to get used to performing on [the field]. [My favorite moments are] probably all the practices where you just get to mess around with your friends. [We use the field] whenever they tell us to, usually after school."

Skylar Hummel (12)

Competing for the Crowd

"It is a place where we practice and perform and once you perform, you will never look at [the field] the same. [My favorite moments are] probably the competitions, especially the last one, the ending when you know you did really good and you hear the crowds and you get really excited."

Antonio Paz (9)

Homebase Advantage

"It's really nice to practice somewhere you actually perform. My favorite moment is probably performing in front of everyone. It's just really fun because you can feel the buzz in the air."

Paige Campbell (10)

Making Memories

"My favorite moment on the football field was beating Munster my sophomore year after my first starting. It was the biggest game I've ever played in and I had a good game and it is something I will remember for the rest of my life."

Samuel Long (11)

Say it Loud and Proud

[My favorite part was] chanting with the student section. Just the student section in general was really fun to be with. The energy was fun to be around."

Mark Mileusnic (11)

The Rush

"It's where we practice and we perform. [My favorite part] is just performing in front of everybody. It's a really good feeling. We used the football field for practice, competitions and football games."

Victoria Crenshaw (10)

Page By: Taylor Anderson, Allison Potpora, Justyce Reed, Ava Solis, Elizabeth Sulek and Jordan Zniosko

“My favorite part about being the mascot [is] having everyone look at me to give them the chants. That’s what it is. I feel like I’m the one in power. I’m the one that’s supposed to get the fans going. I think of a chant and I say it and everyone else says it with me. I think of the old times from the old football field and family.”

James Saggus (12)

Ready to Go The freshman football team gathers at the start of the game. As the starters of the team, they worked hard to do their best during the game. Photo by: Maisie Westerfield

ONE PLACE, MANY USES

First Time

"The fieldhouse used to be the main gym. There were good memories in the field house is when it used to be the main gym, going to basketball games and seeing some of those basketball teams. Actually, my first year coaching here, we were in the fieldhouse, so that was my first year on varsity staff."

Mr. Andrew Gurnak, Physical Education

Free Space

"We've got three basketball courts, we have three volleyball courts, we've got three team handball courts, so as far as that, running the large PE class sizes that we have and having such a big space, with the indoor track with the three courts, I mean that's the best thing about the fieldhouse. That's what I love about it."

Mrs. Caryn O'Hara, Physical Education

Inside Advantage

"Tennis season starts off with tryouts in the fieldhouse. Tryouts in there are better than trying out outside beacause you don't have to deal with the weather conditons of that day. When you are in the fieldhouse you aren't blinded by sun or affected by the wind. Trying out in the fieldhouse helps me play better and look better for tryouts."

Emma Kritenbrink (11)

Game Changer

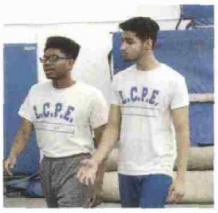
"My favorite memory [in the fieldhouse, playing *intramural volleyball*] was probably our last day of games. We had to play two teams we lost to earlier in the season. We ended up playing four matches to 25 and made it to the championship. We worked really hard and gave it all of our effort and ended up getting second place."

Mariana Bendinelli (11)

Achievements

"Shooting a three pointer, was my favorite memory. It was a swish that went in the basket, and putting points out so I could win the game that we needed to win."

John Vrehas (12)



Daily Routine

"One of my favorite memories was volleyball. I was really good at serving and I scored a lot. Our daily routine for summer gym was warm up, stretch and then do what we were doing for the day."

Alyssa Caliban (10)

Rained Out

"For one of our football practices, it was raining. It was supposed to be outside like normal practices are but we had to go into the feild house instead. Becasue there's no air conditioning, it was really hot."

Grant Gescheidler (11)

Morning Practice

"We would run in the morning at 5 a.m. for football practice and condition there every morning. It was really hot because there is no air conditioning in that room but it wasnt too bad."

Aaron Mikolajczyk (10)

Fun with Friends

"One thing I liked about the fieldhouse was that my friends were in the class with me. The thing we spent the most time doing was the fitness activities they had planned for us that day."

Nickolas Abel (11)

Page By: Kylie Biehler, Colleen Dyra, Kelly Hayes, Alyssa Klimowski, Jade Mebok and Isabella Villareal

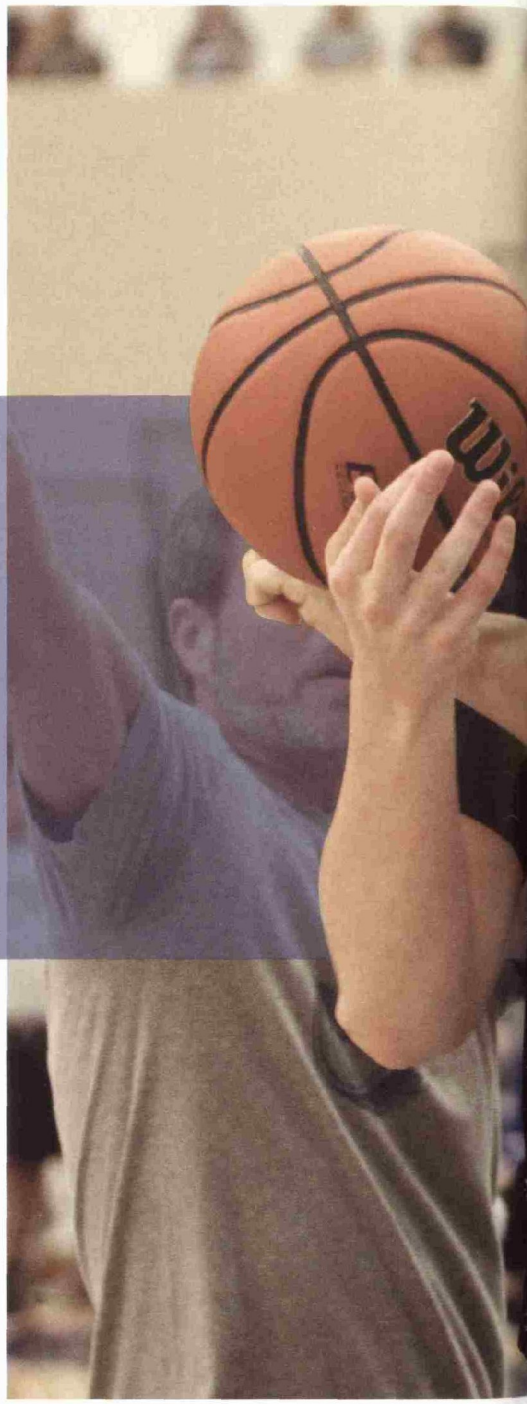
“The coolest thing in that fieldhouse was the Harvest Classics that we hosted for so many years and we did host one sectional boys basketball game in that old gym. Bob Camera wrestled a bear in there. I don’t know if you guys know that. It was in 1983 and it’s on YouTube, you could find it. ”

Mr. Chris Enyeart, Athletic Director

THE FINAL PUSH Robert O’Neill (12) and Daniel McGrath (11) fight to spike the ball to their opponents’ sides of the net. The two played on opposite teams all season.Photo by: Charmagne Abangan

THE CENTER OF

STANDING IN THE **SPOTLIGHT**, SHOWIING SCHOOL **SPIRIT**, **DANCING** WITH YOUR FRIENDS, **HONORING** OUR VETERANS, FINDING THE **PERFECT** DRESS AND **CHEERING** FOR THE TEAM.



"SEEING THE FACULTY PLAY THE STUDENTS WAS FUN BECAUSE THEY TALKED A LOT OF SMACK BEFORE THEY PLAYED AND THEY DIDN'T BACK IT UP."

Conor McAllister (9)

More Than an Illness

"I think the St. Baldrick's assembly makes students more aware that cancer is more than just a sickness you'd see on TV. When we're asked if we know someone with cancer, almost everyone in the gym stands up. I think this specific moment is what does the most for us because it shows that we really are going through this together. We all grow from struggles and hardships and this is the same case; it ultimately brings students closer together."

Kathrynn Vettas (12)

School Spirit

"I love being in the student section. The older you get the more 'privileges' you have with the rule on where you stand. As a senior you're in the front. It's an amazing feeling being able to be a part of the main group of people getting students pumped up. Sports is a major part of our school because we are very competitive in all aspects and it's always good to support to show school spirit. The student section is super fun because it gives us fans a way to voice our opinion in a highly expressive way."

Madeline Bailey (12)

Thankful

"My favorite event at Lake Central has to be the Veteran's Day Assembly. I am very passionate about it because there are four veterans in my family."

Dylan Barkauskas (10)

Welcoming the All-Stars

"I love watching the Westlake games. They always bring the school together to appreciate how the Westlake kids are trying hard to play and feel good."

Leo Bowman (10)

Feeling like a Family

"I think the pep rallies bring the school together by just being together. It's important that our whole school is in one room supporting the same things."

Hailey Whennen (12)

EVENTS IS:

Sean Sullivan (12) and Principal Sean Bagley fight over the ball at the Student vs. Teacher basketball game during the Winter Pep Rally. The students beat the teachers in a quick match. Photo by: Jade Mehok

Facing the Future

"Ghouls at the School brought the high school students and future LC students together. It was a fun event that the older kids volunteer for and the younger kids get to experience it first hand."

Kimberly Hestermann (10)

Dancing Together

"School dances definitely bring the school together. You're doing something that's fun together. I think it is important to attend the different dances to get out of your comfort zone."

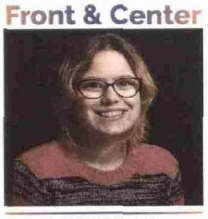
Julie Wasyliw (11)

Facing the Future

"I like the pep rallies because the whole school gets together and it's a lot of fun. You can get rowdy and let out a little bit of energy."

Max Welty (9)

Front & Center



PAIGE VARADY (12)

How was working on a show with such a heavy topic?

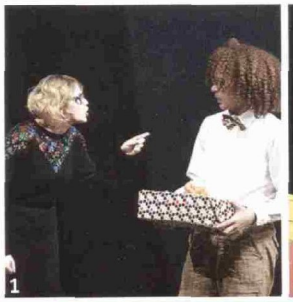
"All the raw emotion that lashes out when performing mixed with the first time reactions of the audience makes for an unbelievable experience."

Did the show's topic change your opinion?

"The show opened my eyes a little bit more to things I never thought about before. The audience got to see how AIDS not only affected the main character, but the parents as well."

What did the show teach you?

"The show has taught me that you should never judge people until you've walked a mile in their shoes."



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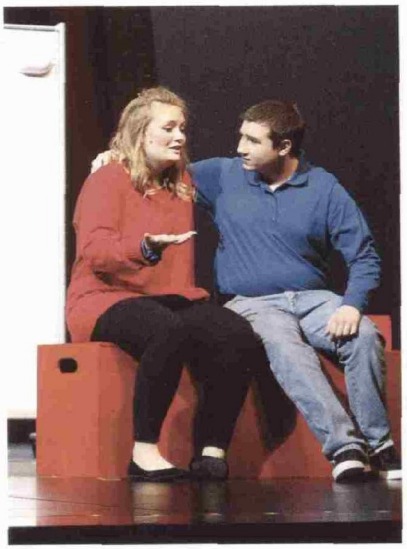
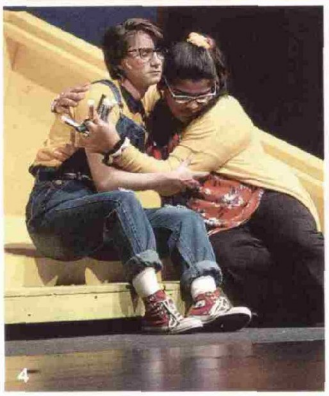


SEARCHING FOR ANSWERS ROCCO POPOVICH (10) COMFORTS ADRIANA KLEIN'S (12) CHARACTER. THE PAIR FIGURED OUT HOW TO HANDLE THEIR SON'S DIAGNOSIS. "MY FAVORITE PART WAS GETTING ON STAGE AND BEING ABLE TO TELL A STORY," KLEIN SAID. PHOTO BY: FRIDA ARELLANO



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WHAT WAS YOUR **FAVORITE MEMORY** FROM **THE SHOW?**

"My favorite memory was when set crew had to keep getting new drill bits because all of them kept getting stripped."

JONATHAN STERLING (10)

"My favorite memory was when I kept getting everybody's part because [many actors] left the show."

SIMON GRIMLER (10)

"My favorite memory of the show was how many new friends I got to make. It was really nice getting to meet so many new people. Everyone made me feel really welcomed."

LAUREN MILLER (9)

"My favorite memory was when we were first blocking a scene and there was no emotion and everybody was dying laughing."

SENECA HOWELL (10)

Page By: Andie Kalemba, Jade Mehok and Morgan Taylor

Take A Look Behind THE CURTAIN

Autumn is usually the time where students are settling into the classes and getting used to the curriculum. For students who participate in theatre, however, that is the time they audition for and perform a fall show. Lake Central's Theatre Company performed "The Yellow Boat." The show took place in the 80s and featured a boy named Benjamin who contracted AIDS through a blood transfusion. Brooke-Logan Garcia (11), the actor behind Benjamin, touched on how the heavy subject matter of the show affected his bond with the cast and crew.

"It's a weird mix of emotions where I like the people, but by the end [of the show] I was tired," Garcia said.

Although some cast members were excited to be a part of the show, others were hesitant on the heavy subject matter. Darker shows can sometimes produce mixed reactions from audiences.

"I felt nervous about it in the beginning because it was a lot of dialogue and it was different from "Charlotte's Web." It changed after the final performance, because once you get into a character, you kind of forget all of the nerves from the beginning," Adriana Klein (12) said.

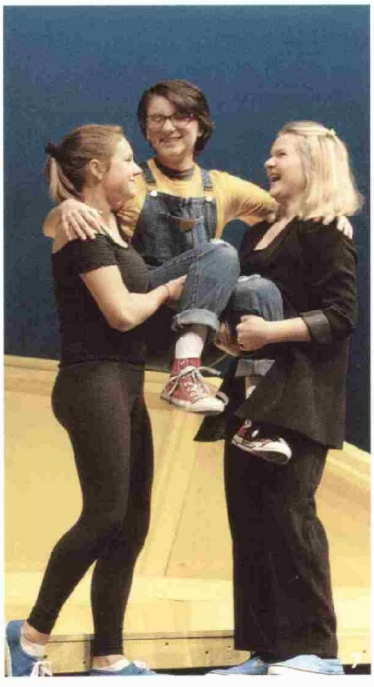
The cast and crew of the show were busy building sets, making costumes and portraying emotion. They spent multiple rehearsals pulling it all together, but sometimes, that is not enough.

"It felt like we didn't have enough people in charge leading us, so with less time and less people, we needed more time," Garcia said.

Actors and tech members working together can be a crucial part of whether or not a show is successful. Both sides of a show bring their own elements to help make each performance just as spectacular as the last. From stage prescence to lighting, each role can update

"I just really like working with all the other people in theatre. It's a really good group of people, and it's a good community. I always feel really welcomed in it," Juliann Rymarczyk (11) said.

The theater department put on a performance of "The Yellow Boat," a true story of a young boy with AIDS



1. BRAVE PERFORMANCE Paige Varady (12) and Justin Aponte (9) argue with each other during a scene. Aponte's character wanted to go to Benjamin's birthday party, but his mother, played by Varady, would not allow him to do so. "My favorite part was getting on stage and being able to tell people a story," Adriana Klein (12) said. Photo by: Frida Arellano **2. SWIRLS OF COLORS** Jack Batinick (10), Ava Tomky (9) and Abigail Lawson (12) wave batons of colored ribbons. They were cast as part of the red chorus during the show. "I realized I wasn't that nervous when I was on stage, and it was a fun thing to do and it ended up being a good show," Batinick said. Photo by: Frida Arellano **3. I SEE YELLOW** Brooke-Logan Garcia (11) looks up to "the light". Garcia was the lead role for the show. "We love and support each other, and that's what matters," Garcia said. Photo by: Frida Arellano **4. WORK IS PLAY** Brooke-Logan Garcia (11) and Nicole South (12) embrace as Garcia's character learns that he will die soon. South played a therapist that guided Benjamin throughout his life in the hospital. "It's important to have fun and work together as a team," Rocco Popovich (10) said. Photo by: Frida Arellano **5. LOVING FAMILY** Adriana Klein (12) and Rocco Popovich (10) hug Brooke-Logan Garcia (11). Klein, Popovich and Garcia grew close together while working with each other. "We love and support each other, and that's what matters," Garcia said. Photo by: Frida Arellano **6. SHARE THE STORY** Tony Flowers (12), Alyssa Culver (10), Olivia Jabczynski (9) and Justin Aponte (9) tell a story about an island and a giant. They were part of a class that helped bring Garcia's character's stories to life. "[You] don't need a lot of lines to know that you're a part of something," Flowers said. Photo by: Frida Arellano **7. BOOST OF MORALE** Cassandra Morgan (11) and Elouise Planert (9) lift up Brooke-Logan Garcia (11) during a scene. Morgan and Planert were cast as blue chorus during the show. "My favorite part was all of the people there, especially everyone in costumes. Everyone there was so nice and the experience was so much fun," Jill Wright (9) said. Photo by: Frida Arellano

"My favorite memory was how [Mrs. Nicole Raber, Guidance] was constantly changing her feelings where she either wanted to punch me or hug me."

ETHAN SCHEUNEMAN (9)

"My favorite memory from the show was opening night. Everyone was so supportive of each other that night that it made me feel as if we were all one theatre family."

AVA WILSON (9)

LIGHTS, CAMERA, ACTION

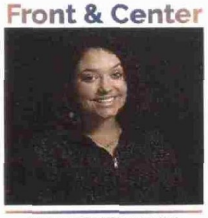
6 AVERAGE NUMBER OF HOURS SPENT PER WEEK REHEARSING

34 NUMBER OF STUDENTS THAT ACTED IN THE PERFORMANCES

21 NUMBER OF STUDENTS THAT WERE A PART OF TECH FOR THE SHOW

3 NUMBER OF PERFORMANCES HELD FOR THE SHOW

Front & Center



BREANNE MITCHELL (10)

Why did you join the powder puff team?

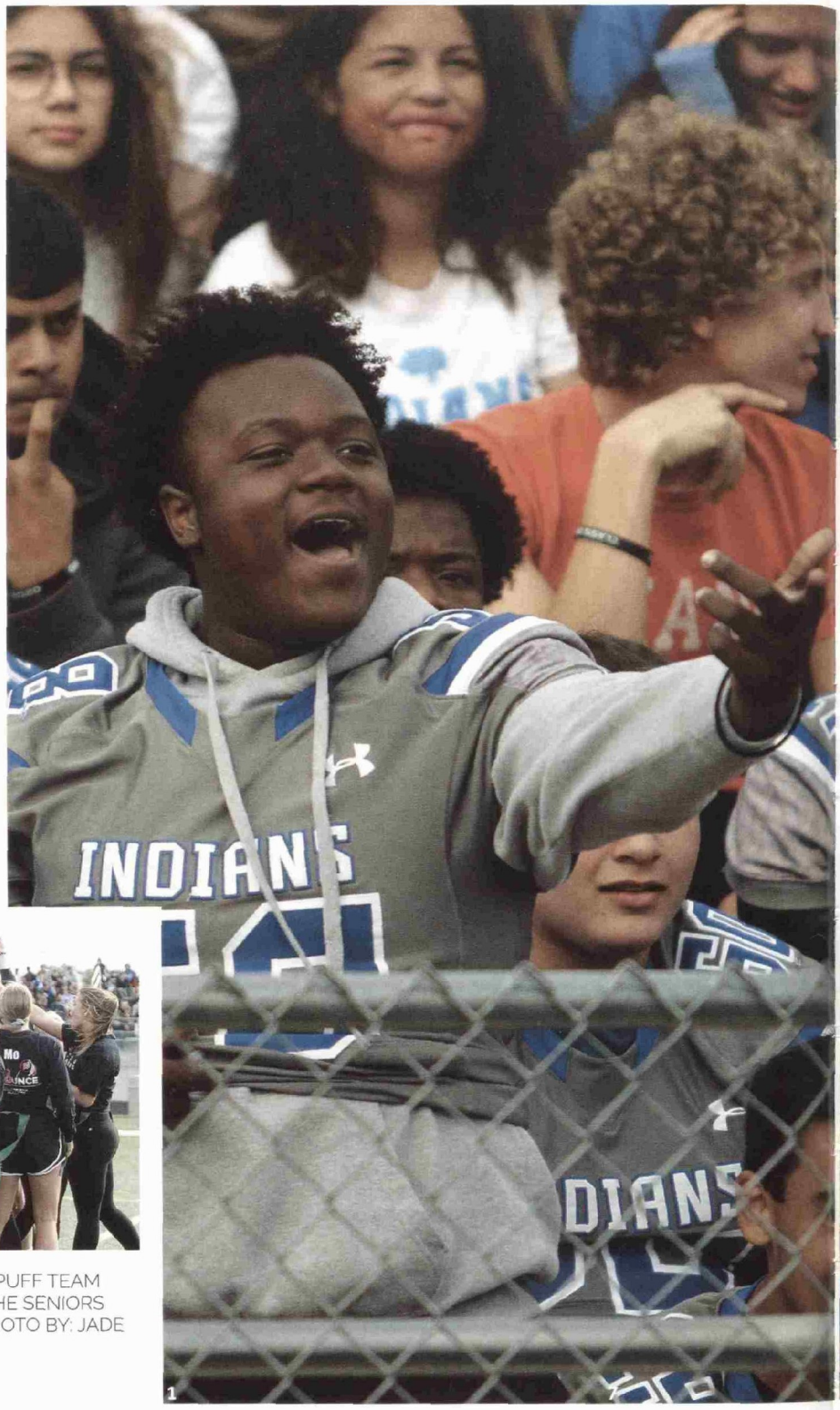
"Sam Long (11) asked me to do it and a bunch of other juniors because they heard I was fast, so they wanted me to be on the team."

Did you like being on the team?

"It was kind of embarrassing that they called me out over the announcements and everyone knew that I was the sophomore that was playing the football game and I wasn't supposed to."

Do you think this was a good addition to the pep rally?

"Yes, I think the crowd enjoyed watching it and it was really fun to play, and it made the pep rally more interesting."



HUDDLE UP THE SENIOR POWDER PUFF TEAM HUDDLES UP BEFORE THE GAME. THE SENIORS FACED OFF AGAINST THE JUNIORS. PHOTO BY: JADE MEHOK

WHAT WAS **YOUR** FAVORITE PART OF THE **RALLY**?

"I liked the powder puff game because Bree scored. It was a lot of fun to see her play with the juniors. She did a good job running the field."

KRISTA KULACZ (10)

"I liked how the faculty put a lot of effort into the pep rally, and how they participated in getting the crowd involved more."

JACOB RYTCZAK (10)

"Watching my friend, Taylor Zezovski, play in the powder puff game. I think she did a great job helping the junior team win."

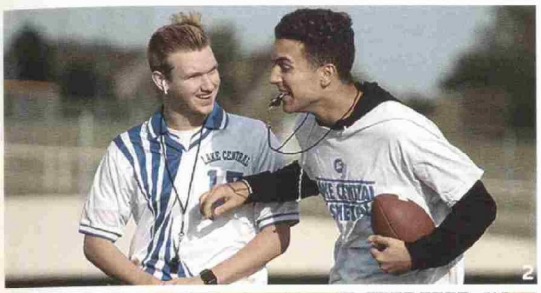
CASSANDRA MORGAN (11)

"I really liked when Quincy was dancing and doing cartwheels. It made me and all of my friends laugh. The whole performance was nice too."

TONY FLOWERS (12)

Page By: Mia Born, Isabella Brazzle, Jackson Novak, Nitya Shah

Starting The HYPE



As students began to settle into the new year, the football team kicked off this year's season. After a few tough losses, the students and team looked toward homecoming week with high hopes and a lot of anticipation. From spirit week to the annual pep rally, students got prepared for the homecoming celebration, and this year introduced a new event to our homecoming traditions, powderpuff football.

"I thought the pep rally was extremely fun, because I love watching football. It was really cool to be able to play in the powderpuff game and I'm glad we got to do it this year and play against the seniors," Torie Harper (11) said.

With spirit week and the pep rally over, it was finally time for the football game, but things began to look unfavorable as the weather began to worsen. The rain became unbearable and students were informed to wait in their cars until further notice. Students were told they would have to wait even longer as the game was postponed until the next morning.

"Even though the weather was bad, I was still going to be there because the team and coaches would have been out there working hard," Brianna Benko (11) said.

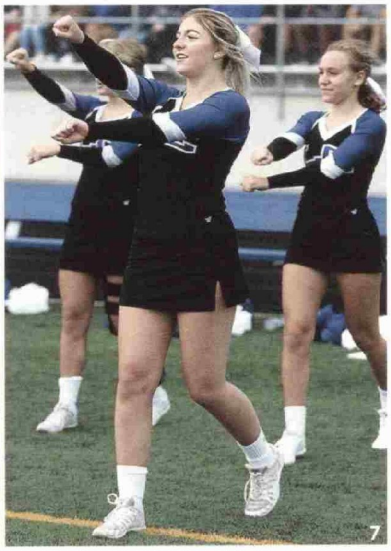
With a busy day ahead, players and students woke up and got ready for the event filled day. The team kicked off at 8 a.m. and took on Michigan City after the long wait.

"We went into it knowing it was going to be a tough game, and we just set our mindsets to win. It was a tough transition having to get up on Saturday to play, but we were just tougher than them and we came out on top," Jarred Ivey (12) said.

The boys kept up their lead, scoring 7 in the third quarter and three in the fourth. The boys won the game against Michigan City 13-7.

"It was a really different experience playing that Saturday because it was not a Friday, so it was just us and the other team, and we got the win. It was nice being able to win, especially because I'm a senior. We haven't won a homecoming game the other three years that I've been here, so it was really cool and one of my best high school experiences," Curtis Gills (12) said.

Students celebrate their football team with a pep rally and a homecoming game.



1. GET ON YOUR FEET Marc-Henry Derogene (12) stands up during the pep rally to support his classmates. The football team sat together in the stands to cheer. "I thought the energy from the football players was electric, because we had the homecoming game coming up," Derogene said. Photo by: Charmagne Abangan **2. NOT A BIG DEAL** Kyle Blum (12) and James Saggus (12) run through the field as they set up for the game. Both of the boys were selected as referees for the powder puff game. "It was a lot of fun. It was even more fun getting yelled at by the players for not reffing the game right," Blum said. Photo by: Jade Mehok **3. TAKE THE HIT** Mateo Cedano (12) takes a hit after making his pass. "Even though it wasn't on Friday night and there weren't many people there, we had a lot of energy. It was almost exactly like Friday night," Cedano said. Photo by: Brian Scott **4. PILE ON** Armond Earving (11) tackles an opposing player with the ball. The boys faced off against Michigan City on Saturday because of a rain delay. "It was really good being able to play on Saturday morning because we got to go to the dance after such a good game," Earving said. Photo by: Brian Scott **5. CATCH ME IF YOU CAN** Madeline Shone (12) chases Tiana Morales (11) to capture her flag. Shone faced off against the other juniors at the pep rally. "Coming together with all the girls in my grade and having fun with them was the best," Shone said. Photo by: Kiley Szatkowski **6. FAMILY MEETING** The junior powder puff team gathers before the start of the game. The junior girls' win was overturned after the game because of their use of a sophomore. "The team was very organized, and we are all friends with each other so we felt like a family," Shelby Nassenstein (11) said. Photo by: Charmagne Abangan **7. ALL EYES ON ME** Anna Nawrot (10) cheers during the homecoming pep rally. The cheer team was on the field during the powderpuff game. "Cheering at the pep rally was a little nerve wracking, having the whole school looking at you, but I had a fun time doing our cheer and pyramid," Narwot said. Photo by: Charmagne Abangan

"I liked when there was music, it made the atmosphere more exciting. I liked when they played some of my favorite songs."

ISABELLA MCCOY (11)

"I liked that it was outside, because the gym is usually really hot during the pep rally. It was a relief to be able to cool off."

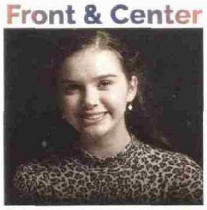
KATHRYN CLUCK (10)

Pep Rally Perks

Did the students actually like the pep rally?

*poll out of 359 students

Front & Center



SAMANTHA QUINLAN (12)

What was your favorite thing about the dance?

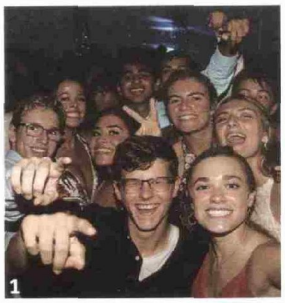
"My favorite thing about the dance was spending my last one with all of my best friends and dancing until I couldn't anymore."

What makes you excited for the next dance?

"I didn't go to formal last year, so I don't know what to expect, and that's always the best- when you go into something blindly. It's gonna be a good time, I know it."

What did you wear to homecoming?

"I wore a black lace nitelife dress from White Iris across from Lake Central. The dress was perfect, I wasn't overheating, and it was easy to dance in as well."



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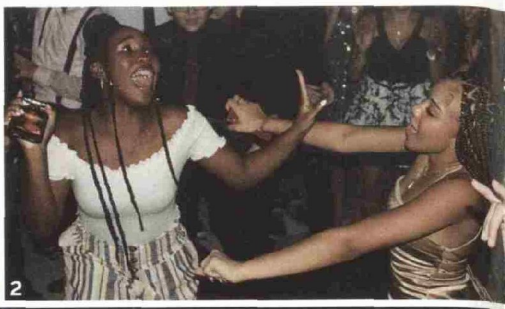

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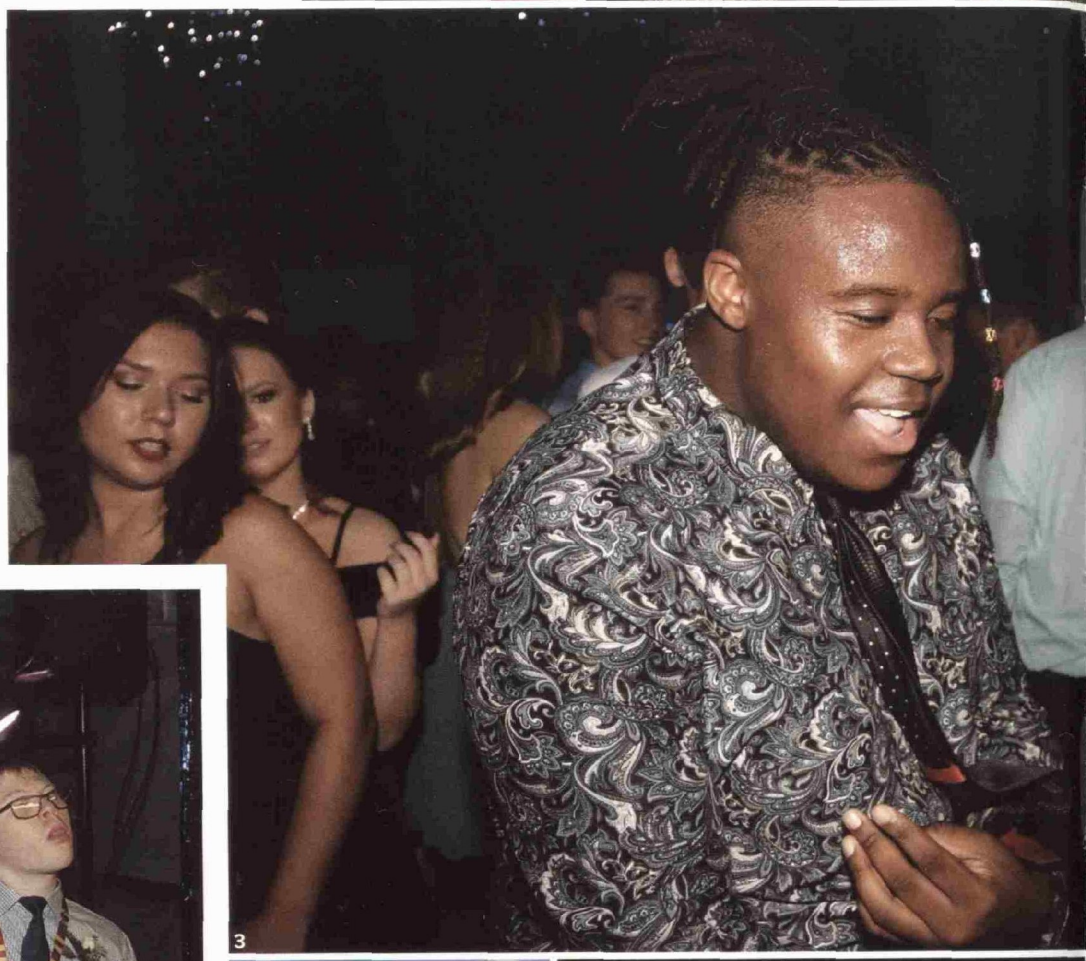

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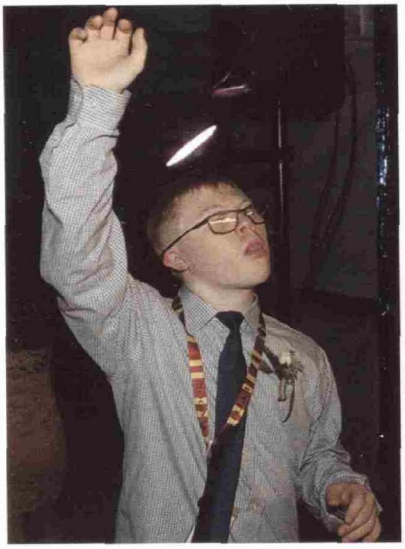
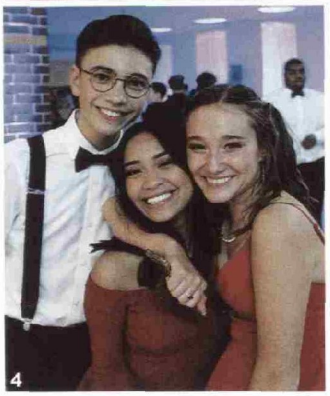


RAISING THE ROOF ZACHARY MILLARD (11) DANCES TO THE MUSIC AT HOMECOMING. "MY FAVORITE THING ABOUT HOMECOMING WAS THE ROOMY PHOTO BOOTH BECAUSE OF THE MANY BORDERS AND FILTERS," TIEN LE (9) SAID. PHOTO BY: BRIAN SCOTT



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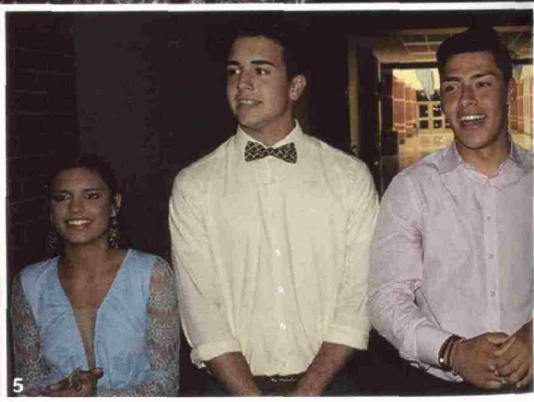

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WHAT **MADE** YOUR NIGHT **MEMORABLE?**

"Hoco was boring, the music wasn't good and there wasn't enough space to dance. The food was really good though, and I liked the props for the photo booth."

LILY LANE (10)

"It was very fun, but I thought it was too crowded, so it was hard to move around and have a good time."

ALLISON HELFERS (11)

"Homecoming was good, but we left around 8:30 to eat. Everyone was pushing and shoving, which was kind of annoying. It was super crowded."

EMILY SOEKA (12)

"Homecoming was pretty fun, but I wished the music could have been a little bit better. The food was actually really good."

ARMANI SANCHEZ (11)

Page By: Luke Hamilton, Hadley Prazopoulos, Alexandra Rigg and Ava Solis

Dance the NIGHT AWAY

6

To make up for the rained-out game the night before, students dressed up and attended the homecoming dance on Sept. 28.

"Traditionally the winners [of the homecoming court] are announced at the football game. When the game got cancelled, everyone, including myself, was shook up," Claire Bandstra (12) said.

For the past couple years, music has been a controversial topic.

"I thought the music was better than last year. I knew most of the songs played and it was pretty fun. I think I liked the song "Dynamite" by Taio Cruz the most, because we've all grown up listening to it so it was fun to dance to," Noelle Massa (11) said.

Snacks were provided in the cafeteria. Students had a variety of options from pizza crunchers to cookies.

"My friends and I tried a little bit of everything. Our personal favorite would be the pizza crunchers and the blue raspberry drink," Yaneli Terrazas (9) said.

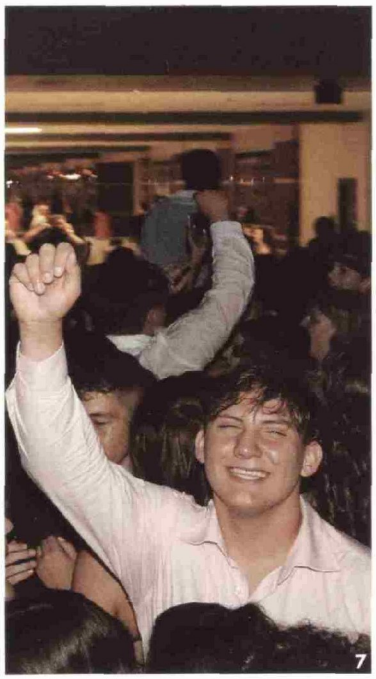
Although the snack table was popular to the majority of the students, the moment everyone was waiting for, was the announcment of the homecoming court. The court formed a line eagerly waiting to hear the two names that would be called. Bandstra and her boyfriend, Marko Kolundzija (12) were crowned the 2019 homecoming queen and king.

"It felt awesome to be on homecoming court, because I was so torn on whether or not Claire and I were going to make it on the court. It was really nerve-wracking to hear who the winner was because there were a million cameras and lights pointed at us," Kolundzija said.

Many students will continue to attend homecoming, according to Brooke Bubash (11) because they believe that people should be involved in their school through dances.

"I plan to go homecoming next year as well, because it will be my senior year and I want to make the best out of my last dance. Bubash said.

Students go into detail about the many factors that contribute to making a great dance.



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1. THE GANG'S ALL HERE! A group of students yell and smile at the homecoming dance. 1700 tickets were sold for the annual dance."My group was great. I had an amazing time at hoco, it was a bit crowded but other than that, everything about it was pretty good," Jordan Duggan (11) said. Photo by: Brian Scott **2. MY FAVORITE SONG** Students dance the night away as their favorite song blares at the homecoming dance. Students have said that they had a blast at the dance. "My favorite song that was played was 'Party in the USA' because I know all of the lyrics and we could all dance to it," Brooke Bubash (11) said. Photo by: Brian Scott **3. GETTING HIS GROOVE ON** Antoine Loubeau (12) dances along to the music at homecoming. Loubeau enjoyed the songs played at the dance. "My favorite thing that I did at homecoming was dancing with all of my friends and getting to show my dance skills off," Loubeau said. Photo by: Brian Scott **4. FRIENDS FOREVER** Jackson Lopez (11), Sari Pama (11) and Mariana Bendinelli (11) pose at the annual homecoming dance. The group thought their third homecoming dance was amazing. "Homecoming was actually extremely fun despite the music, but I made the best out of it with my friends which made it better." Bendenelli said. Photo By: Brian Scott **5. ANTICIPATION** The homecoming court waits for the king and queen results. According to Missy Haberling (9), many people attended the dance. "Homecoming was more crowded than I expected but I'm really happy I went. I had an amazing time with my friends," Haberling said. Photo by: Brian Scott **6. THE QUEEN GETS CROWNED** Marko Kolundzija (12) and Claire Bandstra (12) win homecoming king and queen. Angie Spencer, owner of White Iris, awarded Bandstra her crown and sash. "A lot of my enjoyment came from my boyfriend being nominated too because it was an experience we got to share," Bandstra said. Photo by: Brian Scott **7. ALL SMILES** Will Rauch (11) is pumping his fists in the air. His favorite song just played and he danced and sang along with his friends. "In my opinion I think the music was worse this year because while the DJ played the full songs, unlike the one last year, it wasn't music that me or my friends knew/preferred." Banstra said. Photo by: Brian Scott

"I thought homecoming was really fun, and I liked dancing in the circle with my friends. I had a great first homecoming."

MEGAN SOEKA (9)

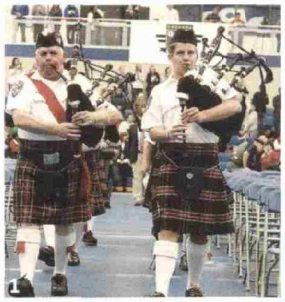
"I had a good time, but the music choice could be a little bit better. Personally I think that they shouldn't play as many throwback songs as they did.

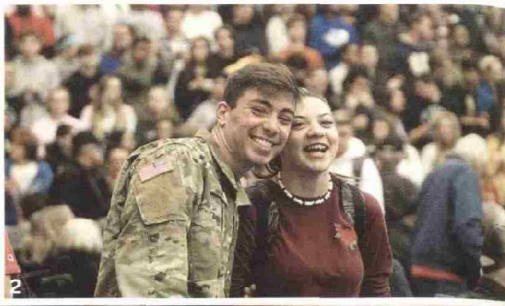
ASHLEY KOUTROPOULOS (12)

To Date or Not to Date?

Students were asked whether they went to homecoming with a date or friends.

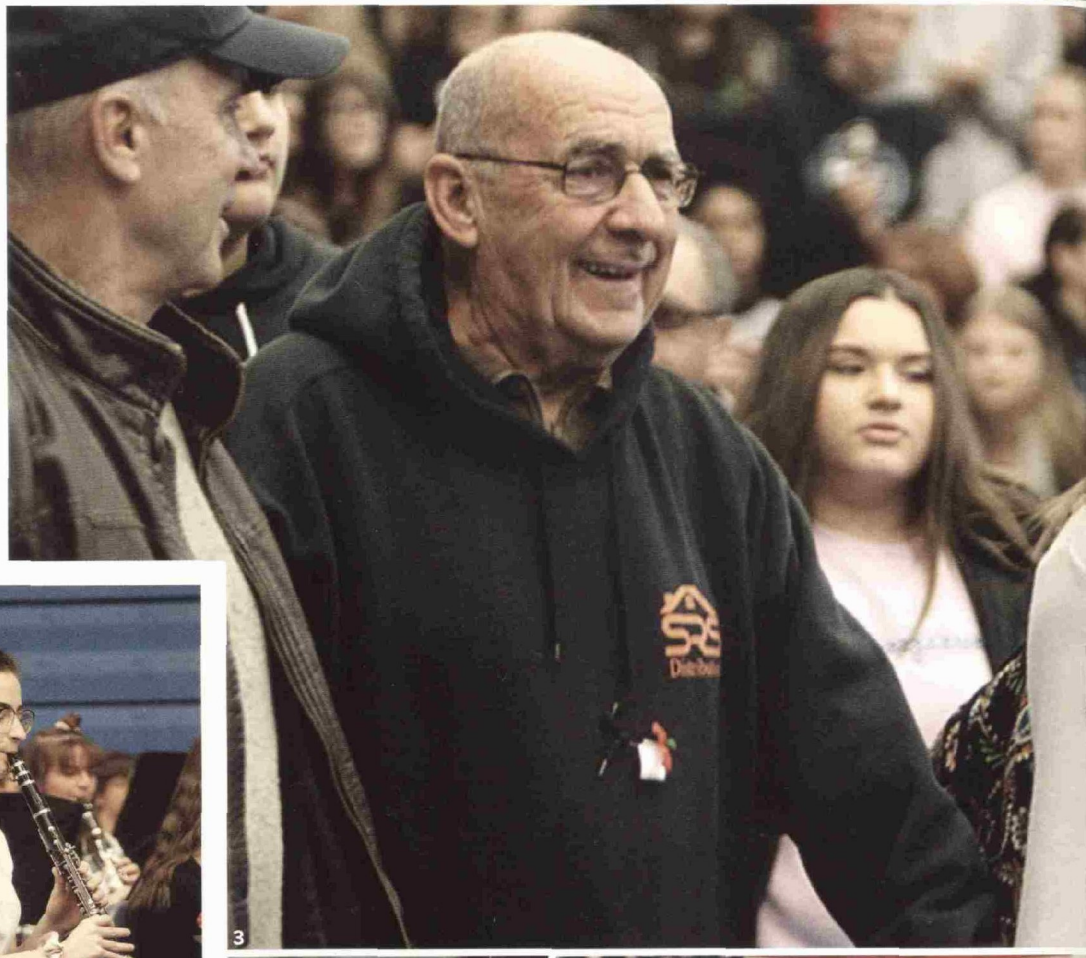
*poll out of 338 students

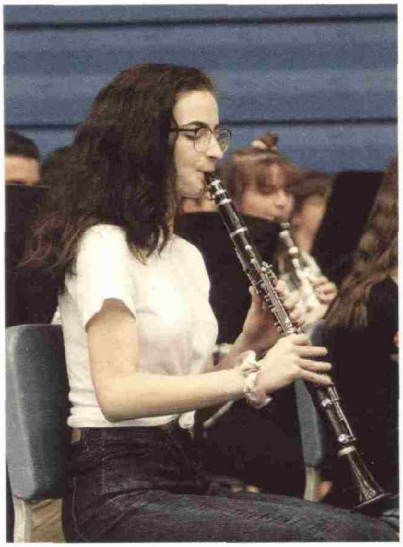




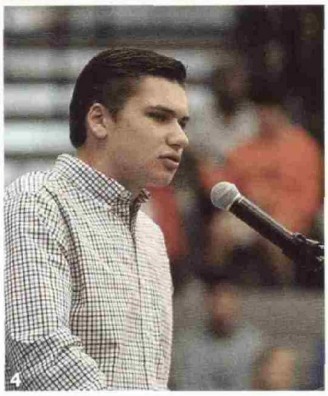
> *"THERE'S SO MANY STUDENTS IN THE CROWD, INCLUDING YOU, THAT HAVE SOMEBODY IN YOUR FAMILY THAT SERVE IN THE MILITARY.*
>
> **MR. TOM CLARK, HISTORY**

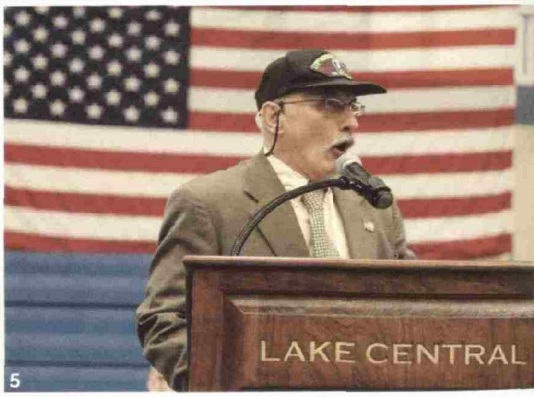
SALUTE MR. TOM CLARK, HISTORY, SPEAKS AT THE VETERAN'S DAY ASSEMBLY. HE HAS HELPED PUT ON THE VETERAN'S DAY ASSEMBLY FOR THE PAST FIVE YEARS.





TREBLE CLEF STEPHANIE HAYNES (11) PLAYS HER CLARINET DURING THE ASSEMBLY. SHE HAS BEEN IN BAND SINCE MIDDLE SCHOOL. "[THE] ASSEMBLY SHOWS APPRECIATION FOR VETERANS AND BRINGS EVERYONE TOGETHER," HAYNES SAID. PICTURE BY: JADE MEHOK





EARNING OUR STRIPES

A NATION AT WORK

6 APPLICANTS FOR THE VETERANS DAY ESSAY CONTEST

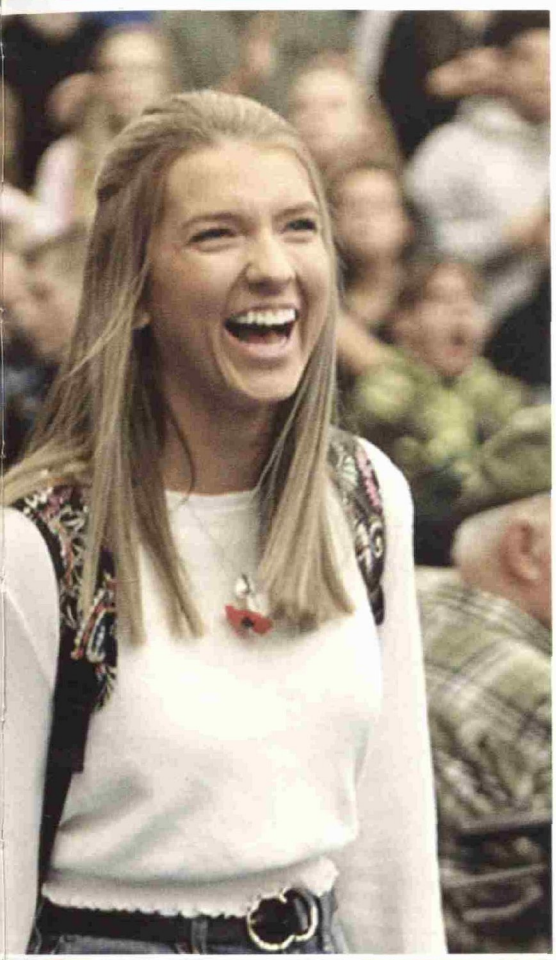
75 STUDENTS PARTICIPATING IN HISTORY CLUB

5 YEARS THE VETERANS DAY ASSEMBLY HAS TAKEN PLACE

300 APPROXIMATE AMOUNT OF VETERANS IN ATTENDANCE

Page By: Taylor Anderson, Allison Potpora, Justyce Reed, Ava Soltis, Elizabeth Sulek and Jordan Zhoski

Our Heros
REMEMBERED



Hard work and dedication are just two of many things that went in the preparation for the Veteran's Day assembly. Mr. Tom Clark, History, along with many students put in long hours to make sure the assembly ran as smoothly as possible.

"We have to get all kinds of people, like the bagpipes and we have to get the speakers, make sure everything is coordinated, do decorations, [and] notify the veterans that we are going to have [the assembly]," Clark said.

While this event focuses on local veterans, many students see this as the day where all of their hard work is displayed and put towards our families and community members who have served.

"They served our country and they deserve the appreciation and to be around their families and the least we can do is to have an assembly for them," Mya Bell (12) said. "It's good for the community, and it's good to have a variety of things, not just pep rallies, to get students together to appreciate something."

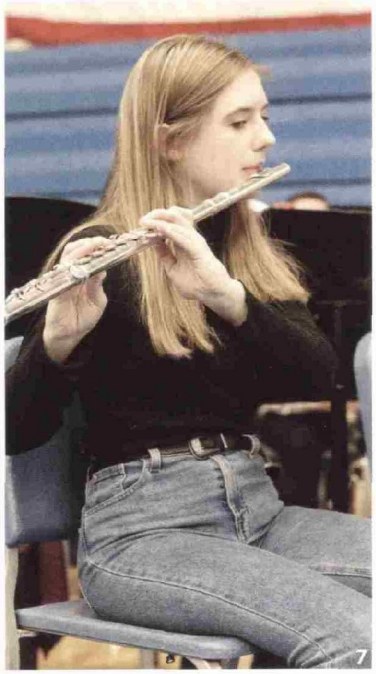
With each year, this assembly brings forth many inspiring speakers including Pat O' Donell, local radio. His strong speeches and vivid memories give everyone a moment to understand what these men and women have gone through as well as what they have done to ensure our safety.

"We try and look for speakers that can speak in five to ten minutes or maybe fifteen and can really convey a real good solid message to the student body and the veterans," Clark said.

Being a fellow veteran himself along with Mr. Sean Begley and Officer Jerry Patrick, Mr. Tom Clark sees this assembly as a way to reach out to all the students and their families who have fought for something greater than us: our country's freedom.

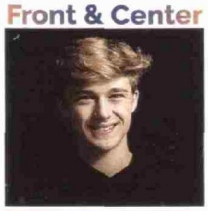
"[I want the students] to understand how these guys have sacrificed a part of their life to go out and make sure the students have freedom and have an environment that we have," Clark said.

The preparation behind our Veteran's assembly as well as what it means to our families and communities who have served.



1. MARCHING ON IN The pipers welcome in the veterans as well as their families at the assembly with a song showing their support and gratitude. Students and teachers clappes as they shuffled in. "Students have told me this is, they said that this one means the most. It really is meaningful and stuff like that. So we want to make it upbeat you know, that's why I like the bagpipes," said Mr. Tom Clark, History. Photo by: Kiley Szatkowski **2. REUNITED** Amanda Ali (9) smiles with her brother as they take their seats for the assembly. She showed her support for her brother and everything he has done to help this country. "I think it's important to shed light on the sacrifices and time that the men and women gave to serve our country. Many of them were from wars where they didn't volunteer to be in and were drafted, so it's very important to honor them," Gianni DiTola (11)Picture by: Jade Mehok **3. ALL SMILES HERE** Brianne Kosina (12) laughs with her grandpa at the Veteran's Day assembly on Nov. 8. Both of her grandpas have served in the military. "I always enjoy the Veteran's Day program because both of my grandparents always talk about their experiences," Kosina said. Photo by: Jade Mehok **4. THE WINNER** Nolan Rogers (12) reads his winning essay to the audience. He won this year's essay contest. "It's so important to hear what the students think about America, freedom and what the veterans have done," Mr. Tom Clark, History, said. Photo by: Jade Mehok **5. A MOVING SPEECH** Mr. Pat O' Donnell gives a moving speech to the audience. This is his second giving one. "This year we have an outstanding speaker, we had the guy that we had last year, Pat O'Donnell. [I] think we are going to have more people. It just keeps getting bigger and bigger," Mr Tom Clark, History, said. Photo by: Kiley Szatkowski **6. WAIT ON IT** Trent Schneider (12) sits with the rest of the Orak Shrine Pipes and Drums group. This group played their instruments while the veterans enter the gym. "I think it's important to shed light on the sacrifices and time that the men and women gave to serve our country. Many of them were from wars where they didn't volunteer to be in and were drafted, so it's very important to honor them," Gianni DiTola (11) said. Photo by: Jade Mehok **7. PLAYING FOR THE VETS** Emma Westerfield (11) plays her flute during the Veteran's Day assembly. This was the band's fifth time performing at the assembly. "I feel grateful that I got to play a part in the program. It was nice to be apart in honoring our veterans," Westerfield said. Photo by: Kiley Szatkowski

Front & Center



GIANNI DITOLA (11)

How did you become involved?

"I joined the club last year through hearing about it from bulletin boards and fell in love with it. Now, I'm an officer and I'm here to stay."

What was the preparation?

"We've spent the last couple months doing decorations and getting that done before. The week before the ceremony is when we set everything up."

What part takes the most work?

"I think preparing the school for the veterans takes the most work because we want to represent the school in the best way possible."

Dancing into the **NIGHT**

Students talk about the many preparations and expectations for Winter Formal.

Bursting with picture taking, dancing and music, the "Winter Wonderland" formal was a night to remember for many students.

"I pick out my dress two months in advance and plan everything out so that the day of the dance is less stressful. With my dress, flowers, accessories and everything else, I spend maybe around $500," Miranda Prowse (12) said.

Planning on going to formal with friends or a date is on the minds of many students. Some believe that it is best to go with a date, while others think it is best to go with a friend group instead.

"There isn't much of a difference between going with friends or a date. You have someone that you can take couple pictures with which is great," Alexandria Henderson (11) said.

The eighth Winter Formal court nominees were excited about the announcment of the winner according to Victoria Pieters (12). Pieters and Tonly Flowers (12) were the winners of the 2020 Winter Formal court.

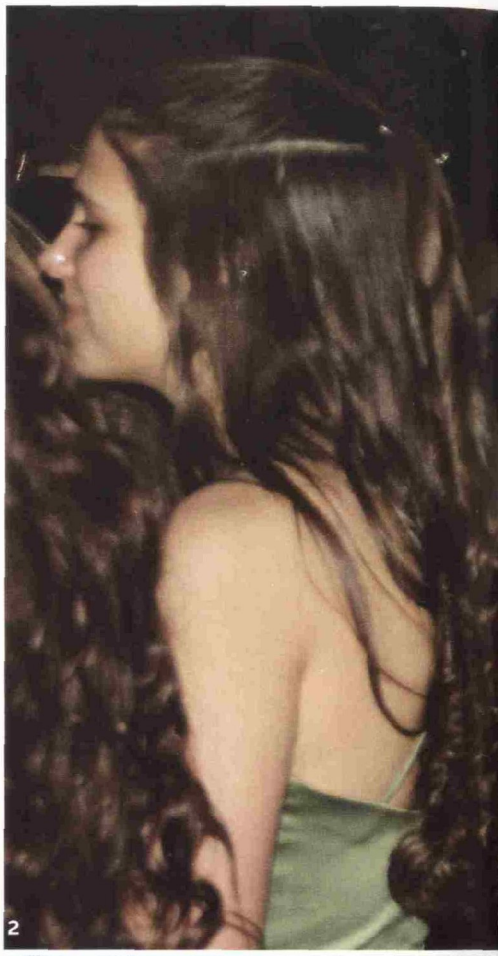
"Being on court was an amazing feeling. It made me feel like I can conquer anything. I never won a single thing from Lake Central so award made me feel better. It was just wonderful seeing the beautiful people that were nominated to be in court," Flowers said.

According to students, not everything about the dance was perfect. The "Winter Wonderland" night also had complaints.

"The music they played wasn't that good. Every once in while a good song would be played but the DJ would talk over it," Kayla Freel (11) said.

Some people who attended the dance definitely dealt with stress and DJ issues. However, one particular student had a perfect night.

"Formal was a little stressful at first but everything worked out perfectly. Formal did exceed my expectations, being able to sing with my friends made it fun," Dylan Jackson (12) said.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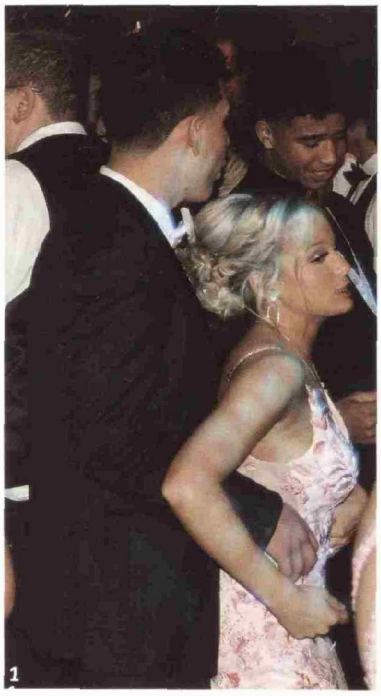
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1. PRETTY IN PINK Emilio Zambrano (11) and Lily Lane (10) stand close for a dance. They swayed to the music while they dance with their friends. "The best part about formal was watching people dance up on the stage," Bryce Gross (12) said. Photo by: William Churchill **2. FIRST FORMAL** Tess Green (10) and Omar Bernal (10) hold hands during a slow dance. The two danced the night away. "I loved the slow dances with my boyfriend. It was like everyone else disappeared and we just enjoyed our night," Tess Green (10) said. Photo by: William Churchill **3. AND THE CROWN GOES TO...** The seniors of the formal court wait to hear who won the king and queen of the dance. Tony Flowers Jr. (12) and Victoria Pieters (12) were crowned king and queen. "Being on formal court was amazing. I loved every minute of it. It was so much fun," Pieters said. Photo by: William Churchill **4. STILL FALLING FOR YOU** Brianna Kubiak (12) and Marian senior Justin Johnson slow dance on the floor at formal. This was one of the only slow dances of the evening. "The best part of formal was being with all my friends and getting to see everyone all dressed up," Hayley Matlon (12) said. Photo by: William Churchill **5. DANCE OFF** The crowd gathers near the stage during the dance competition. Everyone cheered for their favorite performer. "My favorite part of formal was definitely when the guy who was doing all the commentary and made everyone get in a circle and come together," Brianna Alvarado (10) said. Photo by: William Churchill

WHAT WILL YOU **ALWAYS REMEMBER** ABOUT **FORMAL?**

"Formal was my first school dance so I didn't have much to compare it to but I had a good time and I loved getting dressed up."

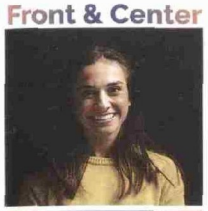
MEGHAN DECHENE (12)

"My last formal was a really good experience. I didn't expect to be on stage and have a dance battle and actually win."

DESMONN SMITH (12)

Page By: Luke Hamilton, Brenna Polovina, Hailey Prasopoulos, Alexandra Rigg and Ava Solis

Front & Center



JESSICA ALMARAZ (12)

How did it feel being on formal court?

"I was really surprised when I found out, but it was exciting. It was also fun letting my classmates get to know a little more about me."

What were your expectations for formal?

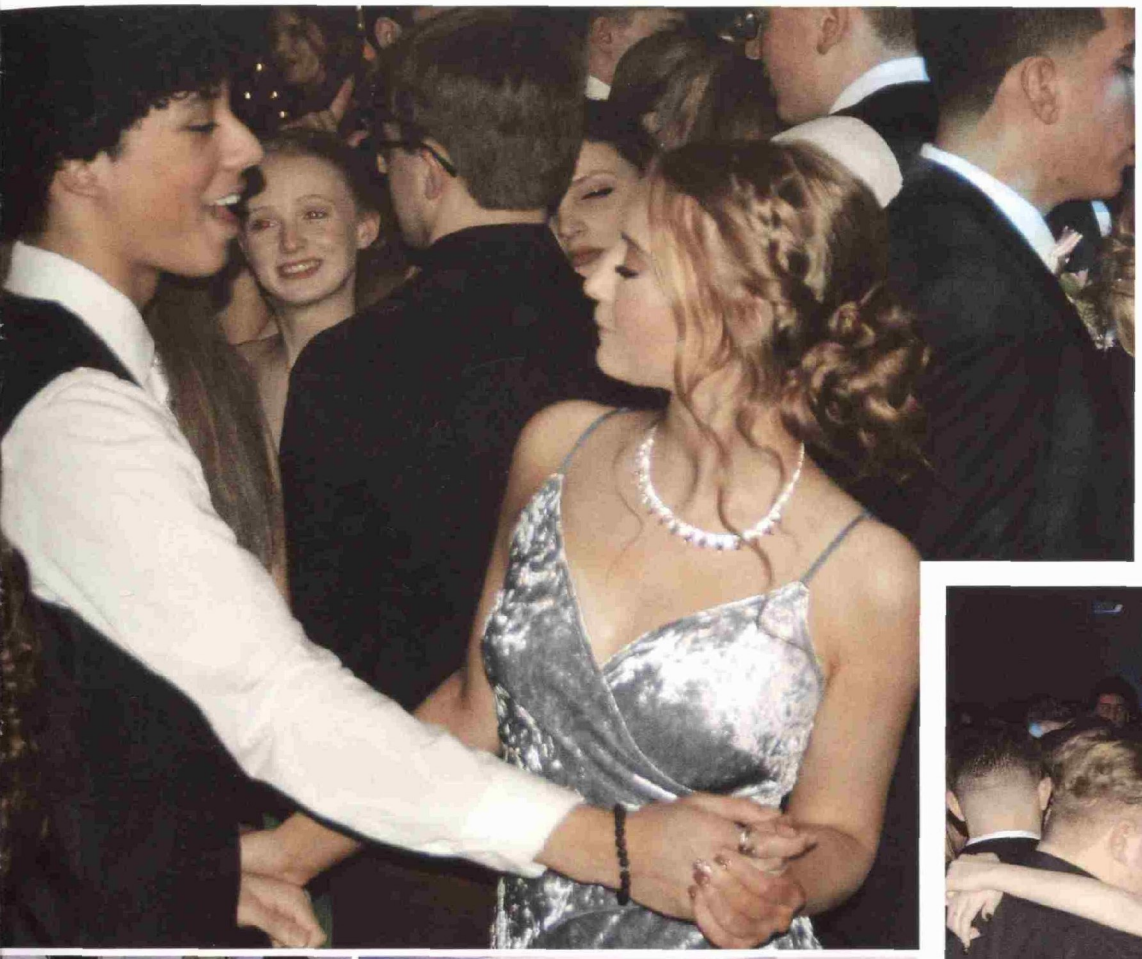
"This was my seventh high school dance, so I pretty much knew what to expect. It was also a nice break from stress and school."

Where did you get your dress and why?

"I got my dress from Peaches because they have a huge selection. My friends helped me pick it out and I loved it!"

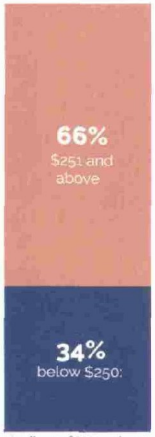
How do you prepare for dances?

"I do things ahead of time like getting my nails done. I get my hair and makeup done. And finally I take pictures before the dance."

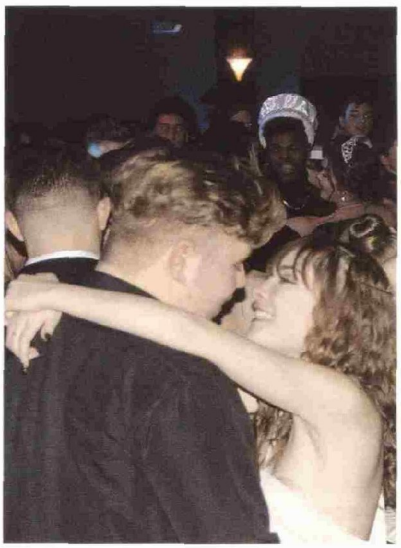


Dressing On A Dime

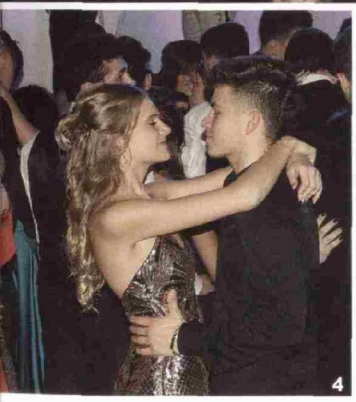
How much money did you spend for formal?



*poll out of 330 students



ALL SMILES FOR YOU NATHAN HODOR (12) AND TARA BOLIN (10) SMILE AT EACH OTHER ON THE NIGHT OF FORMAL. HODOR LOVED THE SLOW DANCES AT FORMAL. "BEING ABLE TO SLOW DANCE WITH MY GIRLFRIEND WAS MY FAVORITE," HODOR SAID. PHOTO BY: WILLIAM CHURCHILL



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"The DJ did more talking and there were a lot of technical difficulties with the music. Overall, I still had a good time."

AVA THOMPSON (12)

"I thought the theme was really cute since it's a winter theme. The decorations were adorable."

MADISON ZIELKE (11)

"I think it wouldn't be as fun if you just went with friends because it would be kind of awkward seeing others with dates."

ANDREW PANCZUK (12)

"The best part of the dance was by far when they played Juice WRLD. He recently died and when his music came on the energy in the room shot up."

CARLIE CHRISTIE (12)

For the Love of the Student Section

Do you enjoy being a part of the student section?

*poll out of 350 students

SUPPORT FOR THE TEAM JAMES SAGGUS (12) GETS THE CROWD ENERGIZED FOR A BOYS VARSITY BASKETBALL GAME. THE THEME FOR THE GAME WAS A PINK-OUT TO SUPPORT BREAST CANCER AWARENESS. "THE STUDENT SECTION IS THE COOLEST THING ABOUT LAKE CENTRAL," SAGGUS SAID. PHOTO BY: ADRIANA RODRIGUEZ

IS **OUR MASCOT ACCEPTABLE?**

"Yes, I think think our mascot is acceptable. The mascot has been a symbol of our school for such a long time, and it shouldn't change."

KRISTA KULACZ (10)

"I think our mascot being an Indian is offensive and can definitely be changed, but people are too attached to it. It would be better to have a mascot everyone agrees on."

MORGAN MATHEWS (12)

"I don't really have strong opinions about the mascot. I don't think it matters too much, but I can see how people can become mad about it."

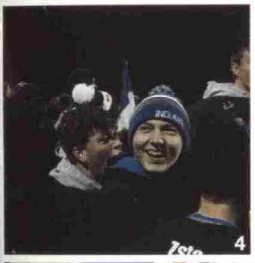
ELIZA HOECKELBERG (11)

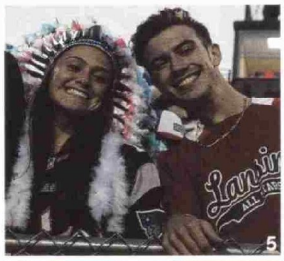
"I don't have a strong opinion about the Indian. I like being at the games. I like when they chant and it feels like we're together."

MADISON NARANJO (9)

Page By: Mia Born, Riley Kaestner, Mia Martinez, Yousef Nammari and Nitya Shah

This is OUR HOUSE





From chants to the various themes, the student section is comprised of all types of students sharing a love for one thing: the tribe. The student section rallies together on game nights to show support to the numerous sports teams. The students show up for their tribe no matter what.

"Through all the highs and lows, rain and sleet, [students] come and cheer on their players with the same energy as others would for a college or pro football team," Christy Tham (12) said.

Tham compares the energy of the student section to the fan section of college or pro football teams demonstrating her opinion on the dedication of the student section. Micheal Toporis (12), another fan from the student section, describes the inclusivity of the section.

"It's a great way to bring all the students together as one tribe. It doesn't matter what grade you're in. You're part of the LC family," Toporis said.

Year-round, students make their way to both home and away sporting events to help keep the spirit of the Indians alive. The student section is mostly known for its contribution of hype to the sporting events, but according to Jordan Duggan (11) the student section still has some issues.

"I think that we need to come up with more chants, have more posters, and really overall get involved more, but we also need to keep the tradition, because tradition is important. I'm not saying we need to change it completely, keep the old traditions and add new ones," Duggan said.

All in all, the student section is always a celebrated aspect of our school history and provides support at all of the sporting events. Without the student section, there would be no place to form the bond between the players and the students who support them.

"The student section will always be a great asset to LC. Roll Tribe all day," James Saggus (12) said.

The student section represents the bond between sport and student.

1. ONE FAMILY Seniors huddle together at a home basketball game against the Valparaiso Vikings. The boys Varsity basketball team lost against the Vikings. "When the student section is hyped up, it's more likely that the players are as well," Kamille Mastronardi (12) said. Photo by: Adriana Rodriguez **2. CHEERING OUT LOUD** The student section cheers during the boys Varsity basketball game. The theme for this home game was school uniforms. "Everyone's screaming and jumping all together and the hype is insane." Yianna Kouros (12) said. Photo by: Delanie Flynn. **3. HANDS UP FOR HIGH FIVES** The football team holds up their hands to give high fives to David Triezenburg (12) during the pep rally. The football team cheered on the other students as they competed in the race. "I love the student section. The more involved people are, the more fun it is," Connor Howard (12) said. Photo by: Frida Arellano. **4. STAYING WARM** Brett Poby (12) laughs in the stands during the Varsity football game. Students still attended this game despite the cold. "The student section gives me a sense of community and I get to be with all of my friends," Poby said. Photo by: Hannah Kosinski. **5. ALL SMILES** Kaylee Hoffman (12) and Jack Bailey (12) smile in the stands during the Varsity football game. Both of the seniors are a part of the student section. "My favorite part about the student section is finally being a senior and being able to lead it and set an example for underclassmen," Hoffman said. Photo by: Hannah Kosinski. **6. HANDS UP** The student section holds up their hands in hopes of the basketball team making a free throw. The theme for this game was pajama night. "The student section is my favorite part of the game. I love cheering the teams on," Tyler Goncher (11) said. Photo by: Delanie Flynn. **7. HOLDING THE FLAG HIGH** Hunter Zezovski (12) holds up a flag during the Varsity football game. The student section supports all of the teams at games. "They get excited and play their best for the best student section," Christy Tham (12) said. Photo by: Hannah Kosinski.

"Sometimes [I] do believe that the mascot is racist, [especially when] white people dress up as the Indian. I believe it to be cultural appropriation."

JULIANNE BANDSTRA (12)

"I think we should 100 percent keep our mascot. Not saying that we're gonna get rid of it, but I think that [if we did] it would leave a bad trademark on Indians."

BLAKE NEYHART (11)

THE SECTION'S STATS

STUDENT SECTION

32 MINUTES IN A BASKETBALL GAME

4 QUARTERS IN A FOOTBALL GAME

11 PLAYERS ON A FIELD DURING A SOCCER GAME

10 HOME VOLLEYBALL GAMES

Page By: Dhruv Byrna, Jade Mrlak, Issa Rivera, Brenna Sody and Alayna Willering

OFF CENTER

For some students, going to school events is not a top priority.

Against The Current

Choosing not to spend time at school events causes divergence from the status quo.

According to a poll out of 345 students, 45% of them would rather not attend school events. Whether it's a scheduling conflict or a general disinterest, these students repeatedly do not attend such occurrences.

"I have not found any to be very enjoyable, and none of my friends enjoy school events so they don't go to them. Even if I wanted to there would be almost nobody to go with," Zachary Petrie (11) said.

> **"I KNOW THESE EXPERIENCES AREN'T GOING TO BE A HUGE PART OF MY FUTURE SO I'M NOT TOO WORRIED ABOUT IT."**
>
> **KILEY MORIARITY (12)**

Ian Gabbert (10) also chooses to skip the crowd because of the price to attend. He feels that events are not worth as much as the tickets cost.

"The price does play a factor because I know that I could spend my money on other things that appeal to me more. If the prices were cheaper then I'd consider going but it really depends on what it is for," Gabbert said.

For many, high school is seen as the last opportunity to attend these bigger school functions. However, Kiley Moriarity (12) points out that these events don't play an important part in the future.

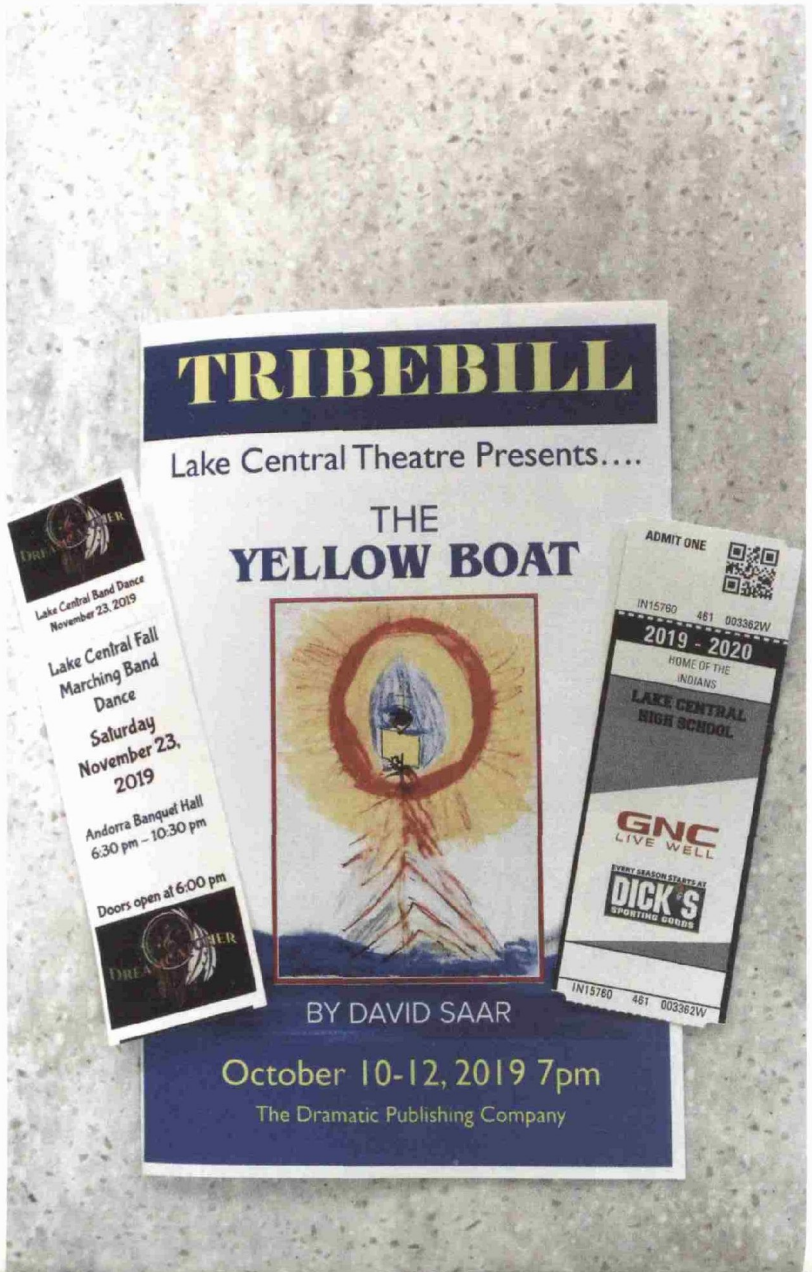
"In some ways I feel like I'm missing out because it's all a part of the high school experience, but I know these experiences aren't going to be a huge part of my future so I'm not too worried about it," Moriarity said.

Occasionally, groups are not able to attend certain events due to competitions and meets. The Marching Band had this problem with homecoming and held the band dance as an alternative.

"I actually really like the band dance. It's a long-held tradition we've had, and even though I was able to go to homecoming this year, I wouldn't trade the band dance. I will always go to the band dance because it has a special place in my heart," Kelsey Lavin (11) said.

Petrie feels as if he is not being left out, and would rather stay at home. He believes doing his own thing is more beneficial for him.

"I just hang out with my friends in a different setting, or do the large amount of homework I have. I'm perfectly fine doing my own thing," Petrie said.



CHOICES, CHOICES, CHOICES The diversity of events is showcased with flyers and tickets to different events. Students had the opportunity to go, but Taylor VanLinden (12) chose to spend her time elsewhere. "I didn't attend them because I've always had something going on outside of school," VanLinden said. Photo by: Brenna Sealy.

Q&A

WITH CATHERINE ECONOMOPOLOUS (12)

What is the band dance and why was it started?

"It is a dance thrown by the music department just for band students. It was started since marching band members often missed homecoming due to competitions. After many years of this, it became a tradition, so now band members are able to go to both homecoming and the band dance."

What traditions come along with the band dance?

"Every year we crown a full court, just like at prom and homecoming. The last song of the night is always "Piano Man" by Billy Joel. The old DJ started that tradition and it stuck."

Why is 'Piano Man' so significant?

"The old DJ was also a percussion instructor, and a lot of older students miss him. "Piano Man" and a lot of the other songs he played, had some great memories attached to them, so the tradition just stuck with us."

How did you feel about winning queen?

"It was a great experience. I had never really considered being on the court at any dance before this year. Even though it was just a plastic tiara, it meant a lot that so many of my friends voted for me."

What is your favorite part of the band dance?

"My favorite part is the chance to get dressed up and take goofy pictures with my friends since the music department gets us a photographer every year."

45% of students would rather not attend school events

*poll out of 345 students

A CONFLICT OF INTEREST

Occasionally, more than one school event can be scheduled on the same day. This makes it difficult for students to be at most events. Students are then faced with the decision of which event they would rather attend.

"The Friday night [theater] show was also the same day as the senior night football game," Taylor Zezovski (11) said.

In Zezovski's case, she was not allowed to unload boxes by door A near the auditorium because it was closed off for football parking. Instead, Zezovski was asked to go around to door B, which is nowhere near the theater.

"When you enter through door B, it says "Lake Central Athletics," so I kind of found it odd that they would have everyone attending the show that night go through door B when really they could have gone through door A. I understand that they said that those parking spots were for handicapped parking [for the game], but we also have handicapped audience members," Zezovski said.

While the experience was off-putting, Zezovski explains that she feels the school does adequately value both sports and the arts. Zezovski also mentions the possibility of under advertising on the theater's part.

"I don't think the school itself values sports more than the arts. I think it's not advertised as much, which can also be by fault of our theater department. I think it's more how the student body supports one activity over another versus the administration supporting.," Zezovski said.

Zezovski believes that the different departments are in need of better communication. Multiple events are often scheduled on the same day requiring students to choose one over the other.

"I think communication is needed between our fine arts events and our sporting events. Two big events should not have been held on the same night," Zezovski said.

VERSUS

ARE YOU A PART OF THE STUDENT SECTION AT GAMES?

Student Section

"I go to the games because it's a good way to have fun with your friends and it's something to do on weekdays when not much goes on. I would describe being in the section as you're there to cheer on your team and to make it harder for the opposing team to play. I feel connected to the school because being part of the tradition of being the Indian makes you feel that much closer to the Tribe. Being the Indian is something I've never experienced before. For the basketball games, it's my job for the students to get loud and hyped, if they don't get hyped I didn't do my job. This impacted my senior year because it made it 10x more fun. To get the section hyped, I usually just think of a chant in my head and just scream it. Chanting helps the players a lot especially during basketball where they are right next to us. Also just bringing a lot of energy helps as well."

JAMES SAGGUS (12)

VS

Music Section

"I think [being at the games as part of the band] is really cool and I love seeing the opportunity for us to always get together as a group and root for our team. What I like about it the most is that we play a lot of the songs. Especially this year, even though our band size wasn't that big, we were able to have a stronger connection with one another, so school spirit was way higher this year. I honestly would rather be in the band than in the student section because the band is a very welcoming environment rather than the student section, which is more divided into small groups. I've always gone to the games with the band, I've never actually been part of the student section. I think I'm getting the [high school experience] when I'm with people I love and the people in the student section are with people they love, so I feel like band is like my niche, not the student section."

NOLAN ROGERS (12)

WHERE THE LIGHTS SHINE

Supporting Friends

"My favorite memory of being in the auditorium was when I went to see 'Big Fish' the musical. I thought the show was really cool. I had a friend who sang and he was the star of the show. It was really nice. I loved it."

Storm Czarnik (9)

Big Realization

"When I attended the choir concerts, I never thought much about the auditorium. I just realized it was such a big place and that I would be here some day. When I went to Freshman Rush, I was a little nervous seeing everyone [in the auditorium] and knowing it wasn't everyone [at school]."

Madison Thompson (9)

Creative Opportunities

"I remember last year's spring choir concert was in the auditorium. My best friend was a senior that year and we had a song that was a tribute to the seniors, so I was basically singing goodbye to her."

Madison MacLagan (12)

Feeling Small

"[The auditorium] was really intimidating and seeing everyone there makes you feel kind of small. At the end of 8th grade they had us go in the auditorium for awards, and seeing how big it was and how many people it could fit brought into perspective how big the school really was."

Maria Gorgievski (9)

Downtime

"My favorite memory in the auditorium would be playing with Mrs. [Pamela] Neth's, [Art] kids and Ms. [Nicole] Raber's [Guidance] daughter when we had downtime. They always make me smile and laugh."

Stephanie Angus (12)

Filling Space

"We had to learn how to project our voices for the acquired space in choir. I realized singing in the auditorium is really cool since so many people are able to be in there comfortably."

Danielle DeCero (12)

Feeling the Jitters

"My most memorable experience I've had in the auditorium was my first ever high school [handbells] concert. I was nervous considering the fact that this was my first concert in high school and I really didn't want to mess up."

Maya Gorney (9)

On-Stage, Off-Stage Bonds

"Every night of ['Spelling Bee'] I [remember] I would feel good about everything dealing with the show. The cast and I got very close and made many memories during rehearsal being in the auditorium. That show meant so much to me."

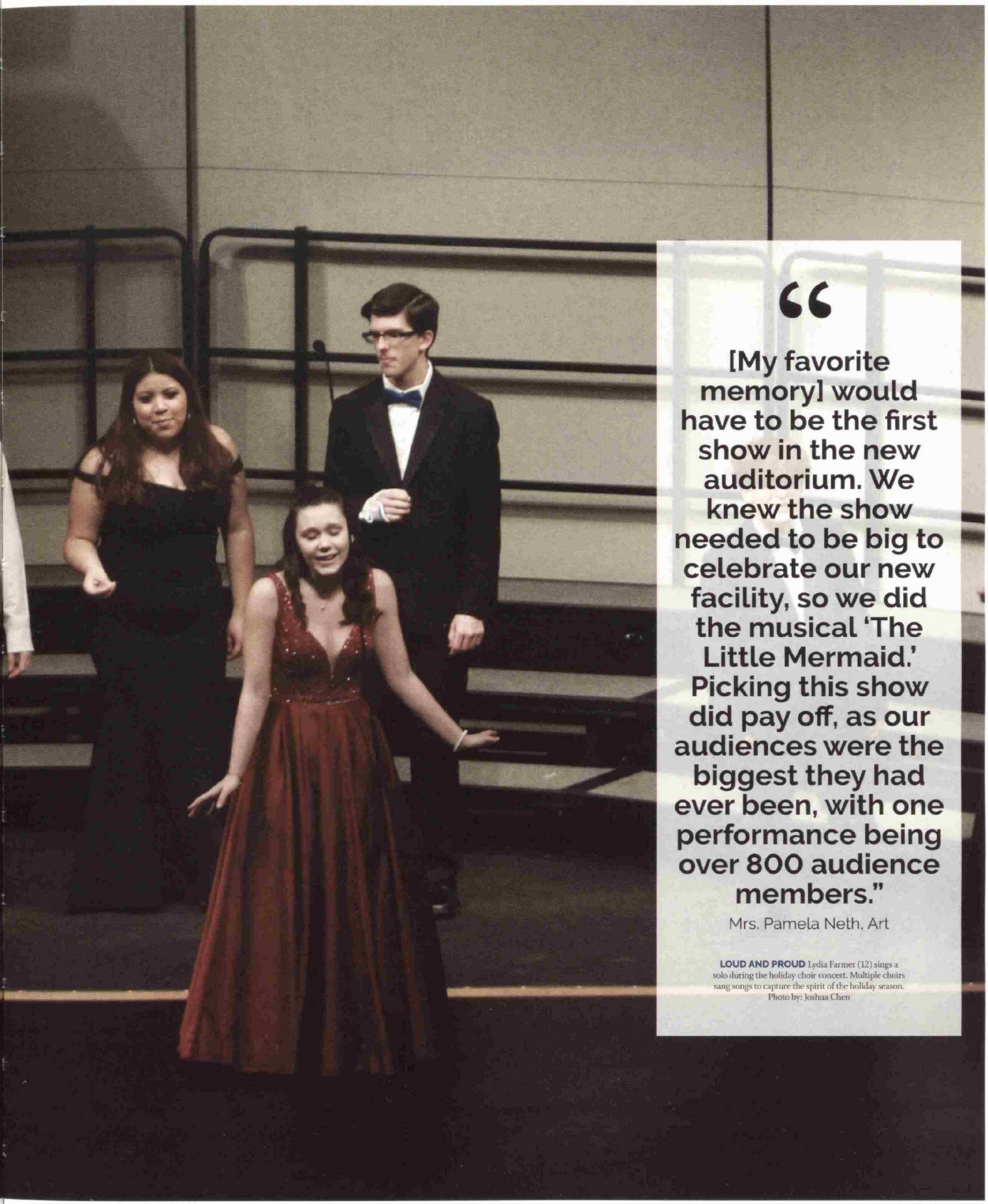
Tenley Edvardsen (11)

Quick Changes

"My favorite experience in the auditorium was when I was in the production of 'Big Fish.' I got to be like five different characters and I had to learn two or three different dances. The show did so well too. We had so *many people come see it.*"

Nicole South (12)

Page By: Andie Kalemba, Lilah Nelson, Nitya Shah and Morgan Taylor



“[My favorite memory] would have to be the first show in the new auditorium. We knew the show needed to be big to celebrate our new facility, so we did the musical ‘The Little Mermaid.’ Picking this show did pay off, as our audiences were the biggest they had ever been, with one performance being over 800 audience members.”

Mrs. Pamela Neth, Art

LOUD AND PROUD Lydia Farmer (12) sings a solo during the holiday choir concert. Multiple choirs sang songs to capture the spirit of the holiday season. Photo by: Joshua Chen

A (PARKING) LOT OF ISSUES

Lack of Communication

"Some of the teachers don't pay attention to the line of traffic in different directions, which causes miscommunication between Mr. Freeman and the other teachers/administrators. I think that they should also write people's names or license plates down when they drive out of hand because they just get away with it."

Angelique Harper (12)

Organized Chaos

"I ride the bus to school. The traffic is bad but the people make it organized. I don't think I will be nervous to drive to school, I'll be fine. People who run to their cars at the end of the day just want to go home. It is what it is and I don't really mind them."

Felipe Alvarado (10)

Irrational Decisions

"The most stressful thing about the parking lot is the sense of urgency that the students create by trying to run and get to their cars in order to beat the busses, which leads to chaos and causes students to make irrational decisions and almost hit other students."

Victor Paredes- Mikuly (12)

Sense of Urgency

"Getting a bad spot is one of the most stressful things about the parking lot. Also, getting stuck behind the busses is really annoying as well. It is stressful for me because I want to be home as soon as I can because I'm always tired after school."

Vincent Ranola (11)

Beat the Buses

"My sister drives me to school and we park in the purple lot. No one parks there, so there is always a parking space. In the morning, the traffic is horrible after 6:45, and leaving school it's also horrible. I get very frustrated, especially when the buses are leaving and we haven't left the lot yet. You need to get to your car as fast as possible to beat the buses."

Jacob Rytczak (10)

Avoiding Traffic

"I live behind Lake Central so it is easy to go from blue lot to the back gates where the buses park. I haven't really had to deal with the traffic because I stay after school a lot. But when I don't, I make sure to run to my car and avoid the traffic.

Michael Castellanos (12)

Same Goal

"When I got into my accident in the parking lot, I was very stressed out and nervous. No one understands that we all have the same goal and that is to just get out of the parking lot."

Emma Best (11)

Trouble in the Lot

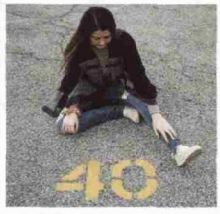
"People are ignorant. You're in line to get out and they'll cut in front of you. Getting into the parking lots in the morning is a nightmare because people directing traffic aren't aware of what's going on at the traffic light."

Alexander Miller-Swain (12)

A Needed Upgrade

"I think that the parking lot needs an upgrade. To make it better, everyone should get their own designated spot that they could rely on. So, in the morning people know for a fact that they have a spot waiting for them."

Miranda Mendoza (12)



Solving Solutions

"The best solution to the stressful parking lot would be numbered spots for sure. These would help because we would have the same spot to park in every day and no one would take someone else's throughout the day."

Melany Stearns (12)

Page By: Luke Hamilton, Hailey Prasopoulos, Brenna Polovina and Ava Solis

“The parking lot is very stressful for me because there are a lot of people, especially with the snow, that don’t know how to maneuver around people and drive correctly. I park in red lot because I can get out pretty fast and my classes are by the red lot so that I can get out at a decent time.”

Hailey Whennen (12)

THE RUSH The students sprint to their car after the bell rings at the end of the day. They want to advoid the traffic in the parking lot. Photo by: Adriana Rodriguez

CENTRAL'S CENTER

Fourth table from the door, the lunchroom closest to the library. This is Lake Central's literal center of everything.

Sweater Weather

"I got complimented on my sweater by a lunch lady [at this table], so that was really nice. [We sit here] every Monday and Thursday. It's confusing because I assumed [the center] would be more towards [Town Square] because that side of the school seems longer."

Nathaniel Rodriguez (9)

Chicken Chants

"Our friend was eating vegetarian chicken nuggets at this table. It looked disgusting, and we were all commenting on how gross it looked. She said, 'You know what? I don't do drugs; I eat veggie nugs.' We just started chanting that because we are crazy. Ever since then, we say 'Eat veggie nugs; don't do drugs.'"

Ella Birgel (9)

Easily Accessible

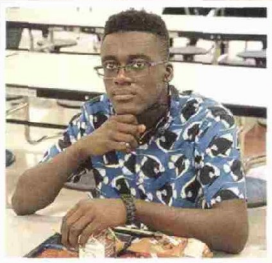
"[We sit here because] it's easy to access. [It's] right in front of the doors and right in front of the lines."

Carson Jabaay (10)

Increased Importance

"[I would have guessed] that the center would be the lunchroom. [We've sat here] since the start of school. I feel more important."

Alex Duvnjak (9)



Eyes on Me

"I would have thought the library would be the center. I sit here because of my friends. I feel like I am the center of attention."

Jack Batinick (10)

Page By: Taylor Anderson, Jade Mehok, Emily Prince, Justyce Reed and Molly Tkach

It All Makes Sense

"The center of the school being right here makes sense. I would have thought it would be right here. I've sat here since the first day of school on blue and traditional days."

Benjamin Yatsko (9)

Centrally Located

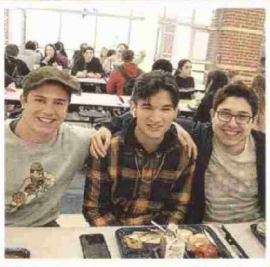
"The lunchrooms seem like the center. [I've sat here] since the middle of the first quarter. I've sat here mostly every Monday and Thursday and Wednesday. I want to sit with my friends. This is where everyone is already, so it makes sense that it is the center of the school."

Dylan DeYoung (9)

All Four Years

"I would have thought that the center would be on Main Street, I guess. We've sat here all four years, so it's kind of just our hang out spot. It feels good [knowing] that we've been sitting at the center of the school this whole time."

Aidan O'Neill (12)



Been Here Forever

"I would have thought the center would be by the health room. It's cool knowing we've been sitting at the center of the school."

Michael Toporis (12)

First Day Friendships

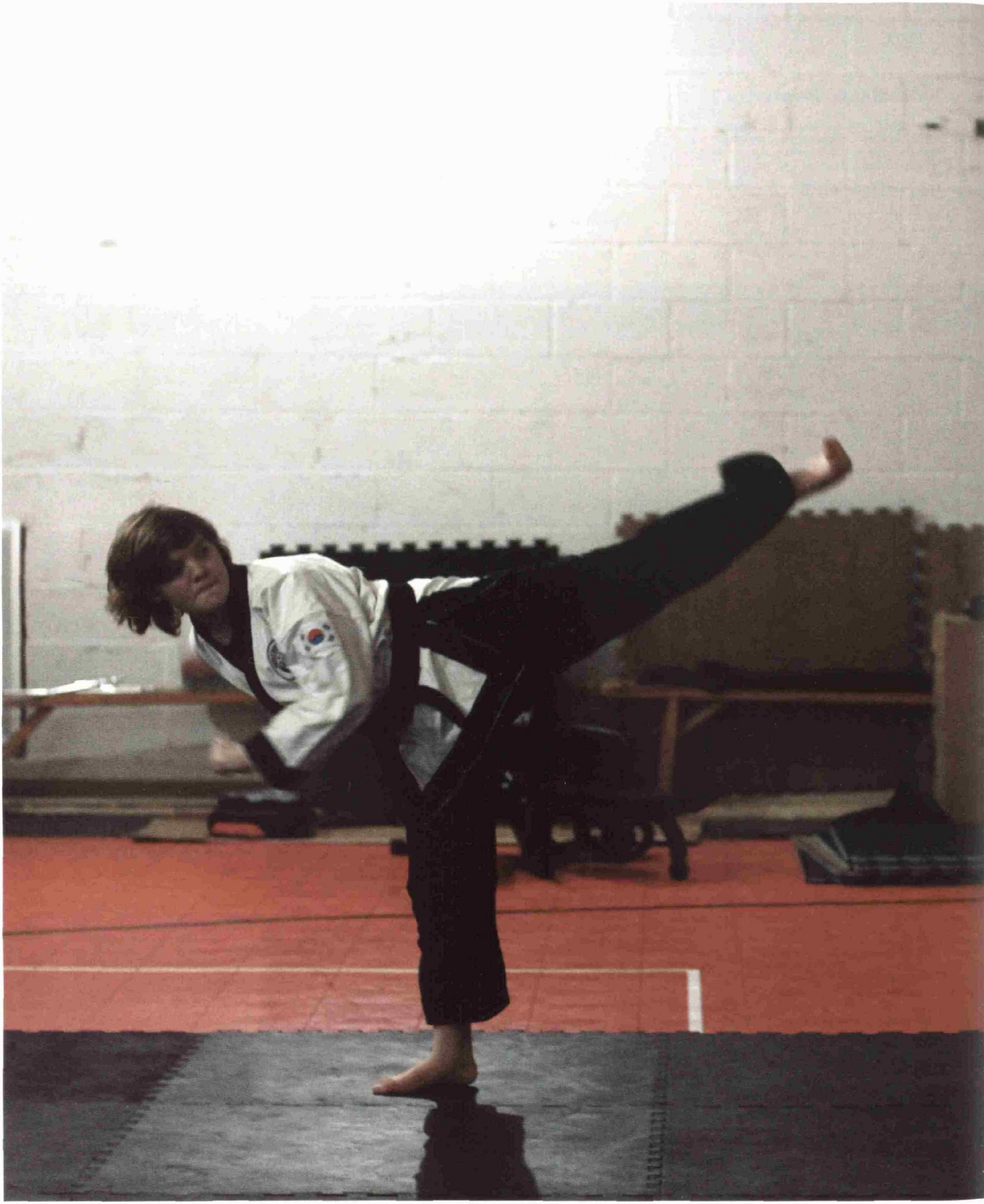
"We've sat here since the first day of school. It's just somewhere where we all met up one day."

Skylar Noonan (11)

Sentimental Center

"I sit here every week. I already have a lot [of memories at this table.] I feel proud [that I sit at the center]."

Beck Nawrocki (9)



MY CENTER

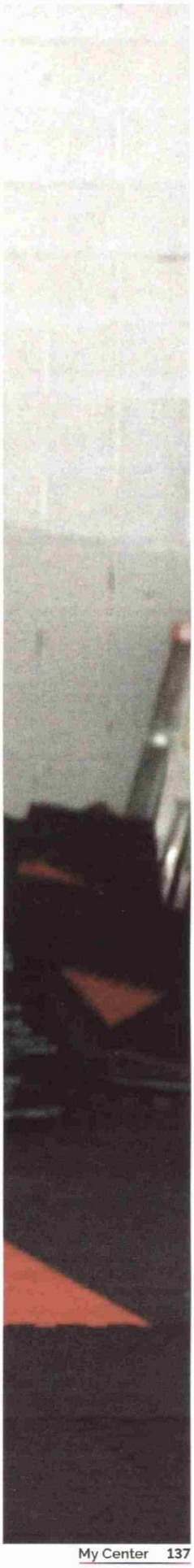
"

[Karate] seemed fun. I was doing soccer, and I got bored with it, so then I did archery and fencing, and those were fun, but I wanted to try something else. Then I found karate and **I fell in love with it**. I like the people. I like learning that kind of stuff.

I'm a **black belt**. I got my black belt in December of last year. You start with your white belt and slowly move up, and there's different levels or forms that you learn, so you learn more advanced skills the more you move up. You have to do testing to earn your next belt. The black belt test is **the hardest one**. You have to do a bunch of physical requirements, like three minutes of planking. You have to know what you're doing. There are certain techniques that you have to know at different levels depending on what rank you're going for. But, for black belt you have to know all of them.

I think I will [continue karate]. There's a bunch of ranks above black belt. There's master belts and grand master belts. At first I was really into the **discipline** part of it, and I stayed very strong with that. Then I started to loosen up and make friends there. The discipline part is important to me, but also I made a bunch of good friends and liked the idea of being able to defend myself. It's cool to learn how to **defend myself**.

Kaya Blankenship (9)



Kaya Blankenship (9) practices during a break between classes. Blankenship practices at her studio three days a week.
Photo by: Maisie Westerfield

LEFT AND RIGHT

Students' political opinions can be ignored due to their age, however they are the future of the country.

Opposing Views

"My father and I have always disagreed in politics, him being more of a Republican even though he refuses to admit it, and me being more of a Democrat or Independent, although I've never really put a label on it. For example, my father thinks that the government is hiding nothing from us and said even if they were, then there's things the public shouldn't know, I on the other hand, completely disagree. Every time politics are brought up it usually leads into a lengthy argument. With my mom, we have the same views on a lot, but of course there are some things we don't agree on. My views have always differed from my father's."

Tatum Bartley (10)

Through My Eyes

"I openly talk about my political beliefs with mainly close friends of mine, but I do support beliefs of mine through social media. Yes, I do think students should absolutely care about politics because politics [are] basically what decide the lives we are going to live, and the beauty of this country is that we have the right to choose how the country is run. I am a Democrat. I think everyone's political views change at least a little over time. Mine have shifted more and more left over time. I think our country's political system definitely needs some work, but I think our country has the potential to have a great political system. I'm very passionate about how the world works and urging the development of solutions to our problems of society."

Marko Kolundzija (12)

Life Impacts

"I do follow politics because as distasteful and divisive as it can be, government action also has the ability to impact almost every aspect of our lives. I absolutely think students should care about politics because regardless of which direction they want to take their lives, government is going to have a huge effect on it. I think [social media] is mostly negative. People say disrespectful things on social media that they would never say in person. Also, people are overwhelmingly willing to share fake news stories that support their political beliefs, and to believe false claims posed by such articles."

Mr. Joshua Clark, Social Studies

Page By: Delanie Flynn, Annaliese Nelson, Celeste Recio, Ava Solis and Brenna Sealy

Finding the Truth

"I usually watch Fox News every night with my dad, on Twitter, and then through social media is where I get most of my information. I tend to follow what I believe is true, so I would definitely say I'm more conservative. Once you get older, you start interacting with the world and you decide what's really going to affect me the most and then you follow that. I think that especially in our time that there's a lot of ignorance, not as a derogatory term, but just as not knowing the truth."

Samuel Long (11)

Working the Booths

"There's a Republican judge and a Democratic judge, and they're supposed to have two of each just for fairness so you can't say anything has been tampered with. What the judge does is they walk over to the machine and they have a card they wear on their wrist and they have to put it in and activate the machine so that person can vote, and it counts that tally. Then, the last person there is the inspector, and the inspector basically just oversees everyone and makes sure everything is going smoothly. Usually they know everything that goes on, so if there's ever a problem they are supposed to be the one to know. [Working at voting booths has] more or less taught me better social skills, just talking to the people I was working with because I never knew any of them and just getting to talk to people that come in with just small talk, definitely teaches you patience, because it's a long day, but that's how it is working anywhere. Personally I don't follow politics, I don't really care about politics, I don't plan on ever voting. It's not my focus, I'm here to be with friends, not argue about politics or who voted for who. In the future I can't say if I'll get into politics. As of right now I don't plan on voting, I haven't even registered to vote yet."

Nicholas Peloza (12)

Next Generation

"I'm Republican. My dad is Republican, and so I followed his beliefs. It's what I support, [and] what I view as right. If people are influenced by real facts and data then the people's opinions can change, and they're faced with different situations, so that can put them through different stages. I like to watch both sides so I get a taste of everything, I see all the different points of view. What I view as best for me tends to be on the Republican side. I think [students] should care more because students are the next generation of our nation. They are the next people who are going to run the country and they should be more involved in what's going on, be ready to vote and excited to vote."

Andrew Panczuk (12)

TEEN VOTING

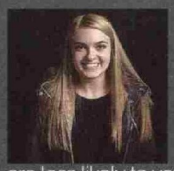
Students turning 18 voice their opinions on voting.

Voting Voice

"I think the voting age should stay 18 because at 18 we are all finally able to make our own decisions. I feel like younger people are less likely to vote because of them being impatient. They would rather hang out with their friends than taking the time to go through the voting process. I will be voting in the 2020 election because I will be 18 and want my opinion to be heard. To be educated with politics, I listen to what my parents say about them and [read] from the internet."

Morgan DeChene (12)

Be Educated



"I think it is a good idea for the voting age to be 18 because now that at 18 you can't buy tobacco products until 21, you can at least vote. Younger people are less likely to vote because they are not as educated as adults. I will be voting in the 2020 election because I feel like I should as a US citizen. To educate myself about politics, I look at the news."

April Lindemann (12)

Waste of Time

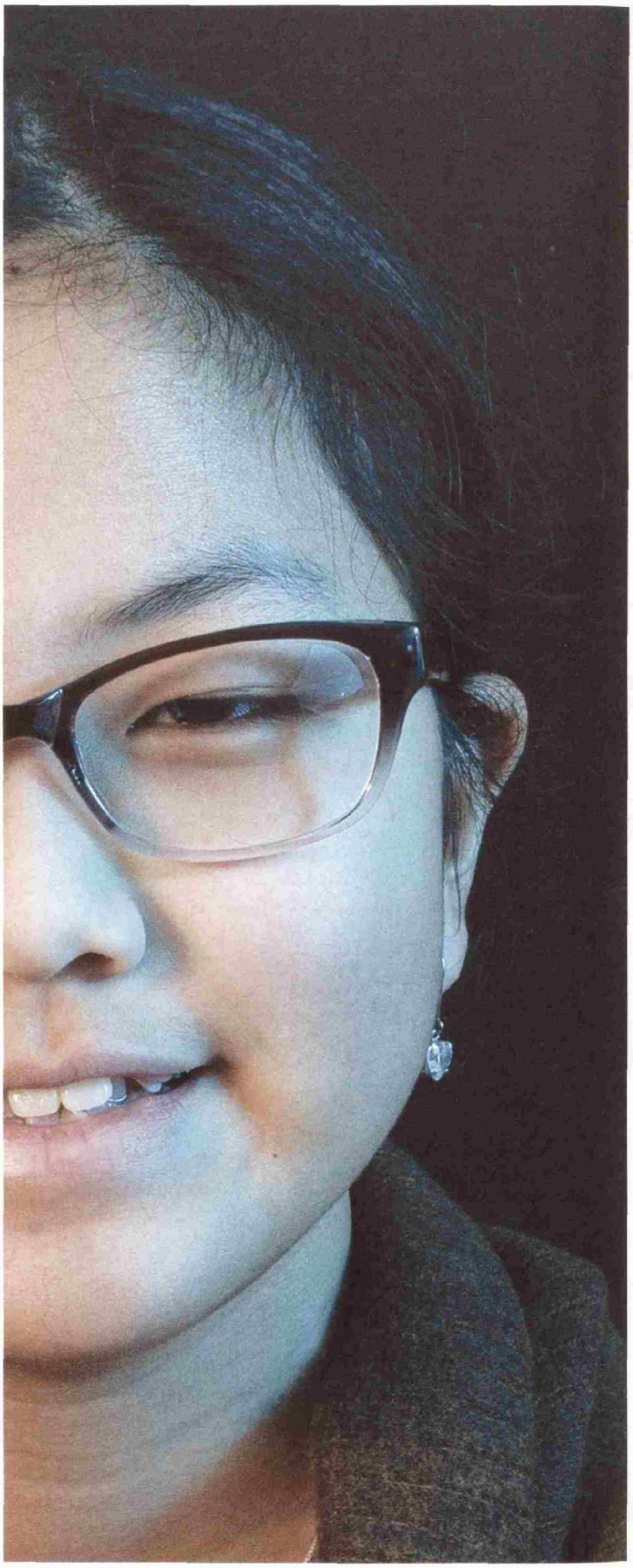
"I don't follow politics because I think that it is a waste of time; I am not a member of a political party. I think social media does impact politics because there are people who openly talk about their political views and others listen to those opinions. I think students should care about politics, but not necessarily vote if they want but to at least care about it."

Samantha Mrzlock (9)

"WE HAVE STRONGER OPINIONS. WE HAVE A STRONGER VOICE. I THINK ONCE KIDS TURN 18, THEY WILL VOTE."

Sarah Gross (11)

HE SHE THEY ME.



"MY ADVICE IS TO KEEP AN OPEN MIND, BECAUSE YOU DON'T KNOW RIGHT NOW. REGARDLESS OF WHAT YOU IDENTIFY AS, BEFORE YOU TELL ANYONE, YOU HAVE TO BE OKAY WITH THAT YOURSELF."

Kaci Brimer (9), Asexual

Page By: Claire Faberbock, Hannah Kosinski, Jade Mehok, Tiffanie Richerme and Brian Scott

TRANSGENDER

Name: Brom Johnson (12)
Pronouns: He/Him
Gender Identity: Transgender Man

"I think the most important part of my story is for people to know that it will get better. I haven't done a lot of things that I used to love in a very long time. I don't really take pictures of myself, videos of myself, so I kind of missed out on the big selfie craze and stuff like that, but I want other people who struggle with their gender identity to know that one day they will be able to do all the things they want to again, even if they can't, because they're uncomfortable with it in the present. I would say just be honest, a lot of people are really not that shy about personal questions, so if you want to ask someone how they knew they were gay or how they knew they were trans or whatever, then just go up to them and ask them, they probably won't mind."

BISEXUAL

Name: Paige Bakker (11)
Pronouns: She/Her
Sexuality: Bisexual

"As for now I identify as bisexual, although lately I've been more concerned with living my life rather than worrying about a label. The community that is our generation is extremely supportive. Half the time I tell someone and they respond with 'same' or 'cool.' It has never interfered with any of my friendships or relationships. I think our society is making strides toward becoming more accepting of change. Honestly, as long as we continue to be supportive of each other and accepting of ourselves, society will continue to grow on its own. There will always be people who believe the LGBTQ community is a bunch of sinners, or that it's simply wrong, but that's why so many people choose to voice their opinions and present their arguments."

BISEXUAL

Name: Gabrielle Falcioni (11)
Pronouns: She/Her
Sexuality: Bisexual

"I don't really remember when I came to this realization, but it was sometime in middle school. Nothing really struck it, I was just kind of like 'I like girls and guys.' I don't want to say I don't take it seriously, but it's not the center of my being. Just let people do what they want. I don't really think it should be that big of a deal, even if people make it that big of a deal. If you see a couple of people holding hands in the hallway and you don't approve of it, there's no reason you should say anything. If you're questioning your sexuality that's perfectly fine. If you're questioning your gender that's perfectly fine. There's nothing wrong with that and there shouldn't be anything wrong with that. Love is love."

GAY

Name: Jonathan Sterling (10)
Pronouns: He/Him
Sexuality: Gay

"The only real drama I would say was just people being [rude]. Not even just figuratively, just general [rudeness]. I don't have very specific circumstances, just the general anxiety of when you see someone you're like 'Oh, yeah, there's a good chance you're going to hate me,' or just little things that make you cringe. All of [my family and friends] have reacted positively. [The school] seems kind of just passive, like 'Oh, yeah, we'll certify the GSA.' A lot of the time half of [the meetings] will get canceled, and they don't even mention them on the announcements."

GENDER BENDER SPIRIT DAY

Although many seniors dressed up for Gender Bender spirit day, some thought the theme was offensive and controversial.

"I dressed up for Gender Bender because it seemed really fun to do, and all of my friends were doing it along with most of the senior class. I know there were some problems with this theme, but I really think people should express themselves and who they are no matter what," Alyssa Kosinski (12) said.

VS.

"I thought that it was limiting in the types of genders. There are many more gender identities nowadays than those two. It can be taken offensively depending on how extreme your outfit is," Brianna Rhomberg (12) said.

REGION RATS

The Region is the place Lake Central calls home. It may be the same place but holds many different perspectives.

Hard Workers

"My favorite place in the Region would have to be Midwest Ice Skating Rink. Me and my friends go to cosmic skate on the weekends, it's always so much fun. I've met a lot of new people there. I feel like everyone in the Region has this hard-working ethic because we're close to Chicago. We get more of the city life than the rest of the Midwest. The colleges in the Region and in state offer really nice and amaing programs. Colleges like Purdue and IU offer campuses in the Region so you can get the college education while still staying close to home. It's really nice being able to live by Chicago but also having in-state tuituion for Indiana schools. If I leave the region, I'll miss the harsh winters, I love anything to do with snow and sledding, it's honestly my favorite part of the year."

Paige Covelli (12)

County Fair

"The center of the Region is when the Lake County Fair comes during the summer, and I go with my family and friends. The Region as a whole reminds me of home because it's the only place I've lived. The Region is unique to other parts of the midwest because we have more people and businesses. I'll miss things like the county fair when I leave the Region. I've been going to the county fair since I was a little girl and enjoy the rides and seeeing the animals every year. The alke county fair makes me remember my childhood and all the memories i've made with my family. The last two years I have gone for one of the days with some of my friends and we are making new traditions of our own. I can't imagine living anywhere else. I will always remember the traditions and memories I have."

Cora McCoy (11)

Community Show

"I love the Region because the whole area is so connected. We're all very close to everything, shopping areas, good places to eat, Chicago. If I ever have to leave I'll definitely miss all of the community theaters in the area. We always produce a good show, and it's a great group of people working together. It's for any type of actor or actress even if you have years of experience or are just starting out."

Tenley Edvardsen (11)

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Italian Night Out

"I would have to say the restaurant Little Italy just because the food is really good and the decoration is nice. Eating there kind of feels like you're in a movie because of the Italian decorations and the lights hanging from the ceiling. There's always enough food for my entire family because the portions are so big. The Region is set apart from the rest of the Midwest because we do have more people than a lot of the other areas and we live close to a big city."

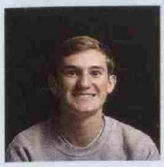
Breanne Mitchell (10)

Sipping At The Sip

"My favorite thing about the Region is that it is very different from the rest of Indiana, and it's very interconnected. The Region is different from other places in the Midwest because it has great business areas that people come from all around to go to. I go to the Sip a lot to study and relax. It has really cool wall decorations, so that kind of adds to the cool vibe. A lot of the Midwest doesn't have unique places like those that are special to the Region. I feel like the Region has more speciality places to shop and eat where a lot of places have chain restaurants or stores."

Cassandra Morgan (11)

Rolling Deep



"The center of the region for me is the skate park by kahler. I would go there a lot after school and skate with my friends. I learned how to do more stuff with my skateboard there. I think the region school sports teams are better at sports than most of the midwest. I would miss the crazy weather if I ever left the region. It's almost like you can experience all of the season in one week here."

Warren Chukeluk (12)

"THE CENTER OF THE REGION IS THE CROWN POINT SQUARE, IT'S A GREAT PLACE FOR LOTS OF DIFFERENT ACTIVITIES AND CONTAINS LOTS OF HISTORY ABOUT THE REGION THAT I HAD NO IDEA ABOUT. "

Torie Harper (11)

The freshmen are in the auditorium listening to advice from teachers. Freshman Rush reunites friends and creates new friendships for the upcoming school year.

RUSHING INTO HIGH SCHOOL

FRESHMEN HAD THE OPPORTUNITY TO BECOME FAMILIARIZED WITH THE SCHOOL AND BE PREPARED FOR THE YEARS TO COME.

For many, Freshman Rush was the first time they had ever stepped onto the large campus. Some of the new students stated that the atmosphere seemed somewhat daunting.

"At first, I was kind of nervous and I thought I was going to get lost," Shelby Noonan said.

The students are guided through the halls to learn the layout of the building. Most students felt intimidated and expected a nerve-wracking experience.

"[I expected rush] to be like middle school where you looked for your classes, but I thought [rush] was more enjoyable," Jacob Dieringer said.

There have also been many changes in attitude from middle school to high school. Nora Markley discusses how she has

"I've realized that it matters more now," Shelby Noonan said.

changed since then.

"I've definitely become more social and less shy," Markley said.

High school requires more effort than middle school, leading to the aquiring of new skills. Nyah Gomez explains that study methods can change during the transition to high school.

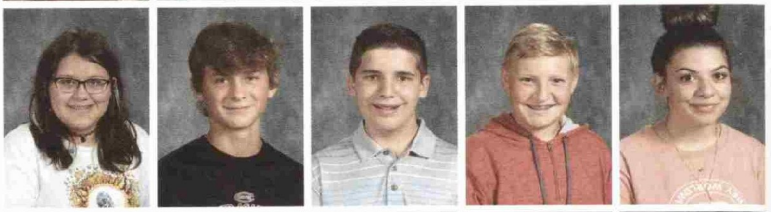
"I study differently because you have to put in more work in high school, so you have to deal with time management," Gomez said.

To many, high school is a crucial time in someone's life. Students are beginning to understand that more work may be necessary for a successful high school career.

"I actually have to do my work and I have to try more. I've realized that it matters more now," Noonan said.

Edrian Abangan
Mohammad Abdeljaber
Ayah Abdelsalam
Naji Abduljaber
Aidan Ace

Isabella Acevedo
Josh Adamczewski
Kevin Aharrah
Mason Alexander
Amanda Ali



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Abby Anderson
Gabriel Anderson
Lillian Anderson

Weldon Anderson
Adora Anekwe
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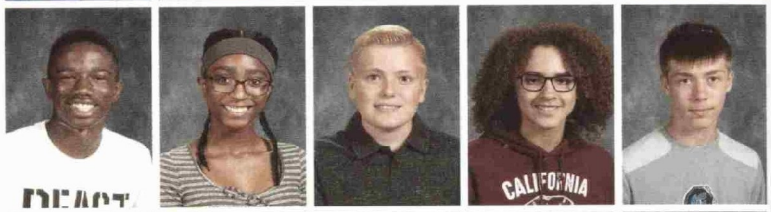
Justin Aponte
Nicholas Arcella



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Teresa Arroyo
Jojen Aves
Susanna Azmy
Samuel Badali

Hunter Bailey
Madeline Bailey
Max Bailey
Aj Bandstra
Antonio Barnes

Anthony Barrios-Garza
David Bartolini
Anthony Bartolomeo
Brooke Batema
Nadine Batista

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Ella Birgel

Morgan Bis
Dylan Biter
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Kylie Bokodi

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Brandon Cook
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Sydney Cox
Wilford Crackel
Alexandra Crenshaw

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Alessandra Cruz
Courtney Cruz
Jessica Cruz
Omar Cruz
Nicholas Crylen
Luka Cucuz
Mackenzie Culver

Benjamin Cunha
Joshua Cunningham
Hanna Cure
Evan Curtis
Melissa Curtis
Storm Czarnik
Kate D'Angelo
Ava Daehn

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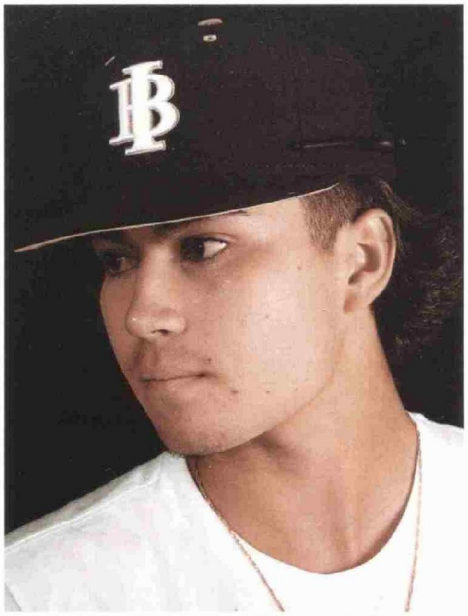


Matthew Santana sports his baseball hat. He is the first freshman in Indiana who has committed to a college this year.

In the Strike Zone

Growing up, Matthew Santana always wanted to be big in baseball. He first started playing when he was 5 years old and his family has always been a big inspiration to him.

"I started playing baseball because my dad played baseball in college, which was a big part of it. I was around the field all my life and I just started playing," Santana said.

Through baseball, Santana has had the opportunity to travel all over the country. It has allowed him to meet new people from around the world.

"I've met a few kids from the Dominican Republic when they came to Florida to play," Santana said.

Santana was set to go to Marian Catholic High School to play baseball. He changed his mind after assessing the opportunities.

"I like the Lake Central team. I was supposed to go to Marian Catholic for baseball, but I changed my mind at the last second to come here. I made the right choice," Santana said.

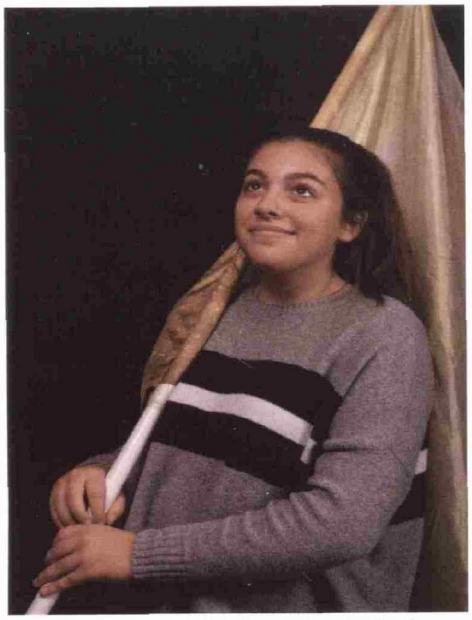
Since middle school, Santana has been in tight contact with the University of Tennessee's head coach. Santana's travel team coach originally put them in contact.

"I've been talking to Tennessee since 7th grade, and I call the head coach every week on Monday night. We talk about baseball, school and catch up on a weekly basis," Santana said.

The coach witnessed him playing after he formed a verbal contract committing Santana to the University of Tennessee. He is the first freshman in Indiana to receive a full ride scholarship.

"I'm actually the first freshman in Indiana to commit and the first player on my team to commit. I'm in the top 10 catchers to commit out of the whole country," Santana said.

Matthew Santana



Alexandra Crenshaw holds the flag used in her Winter Guard performances. Crenshaw is commited to making the year count.

Committed till the End

Alexandra Crenshaw has done Winter Gaurd since middle school and is committed to the hard work and dedication it requires. Even though Crenshaw started out doing Winter Guard in middle school she has continued to do it throughout high school. She joined late in the season due to another member's absense.

"I worked very hard to catch up on everything. With all the help of the coaches and team I learned the show. Now, I am all caught up and I'm already really close with everybody, and I'm really thankful I got the opportunity to join so late in the season," Crenshaw said.

Crenshaw talks about the difficultly of being a freshman on the Winter Guard team. She is learning the new choreography of their show before they are scheduled to perform.

"I was very overwhelmed at first because they had already learned most of the show and the season was already two months in that night I came to the practice and I decided to make the decision to join that season," Crenshaw said.

Although there are some hardships within the team, Crenshaw still feels committed to being apart of the team. She continues to push hard and persevere onto the team.

"Over time, a lot of people quit and people joined, but its at a point where our entire team has a very tight bond and we are all close to each other," Crenshaw said.

Crenshaw talks about the amazing memories she has had on winter guard. She has come far from the beginging of the season.

"Now, I am all caught up and I'm already really close with everybody, and I'm really thankful I got the opportunity to join so late in the season," Crenshaw said.

Alexandria Crenshaw

Madelyn Giovane
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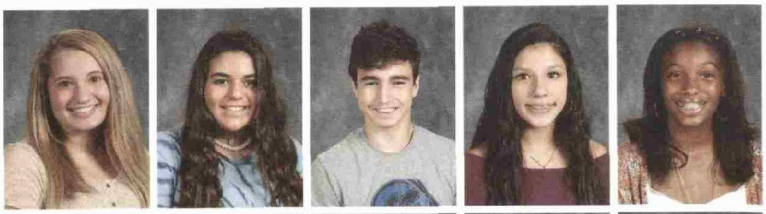
Adam Glass
Ashley Godinez
Lauren Golden



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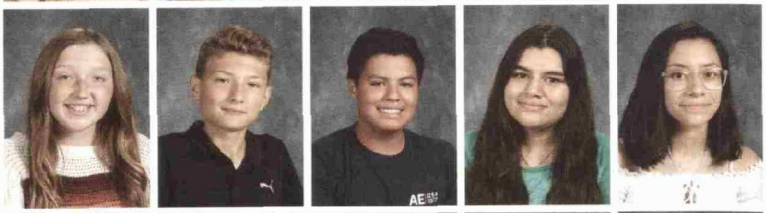
Lazo Golubovic
Julius Gomez
Karmalita Gomez
Nyah Gomez



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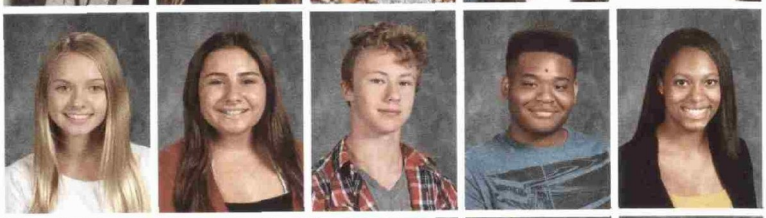
Logan Grabek
Chad Graham
Jacey Graham



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Narmer Griffin
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Aidan Guerrero
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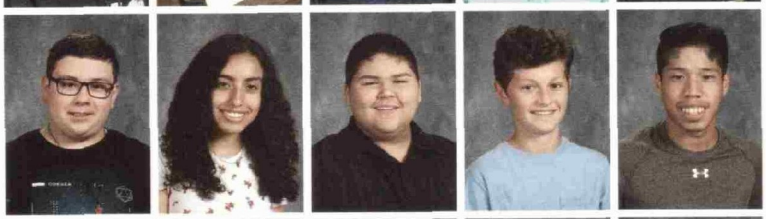

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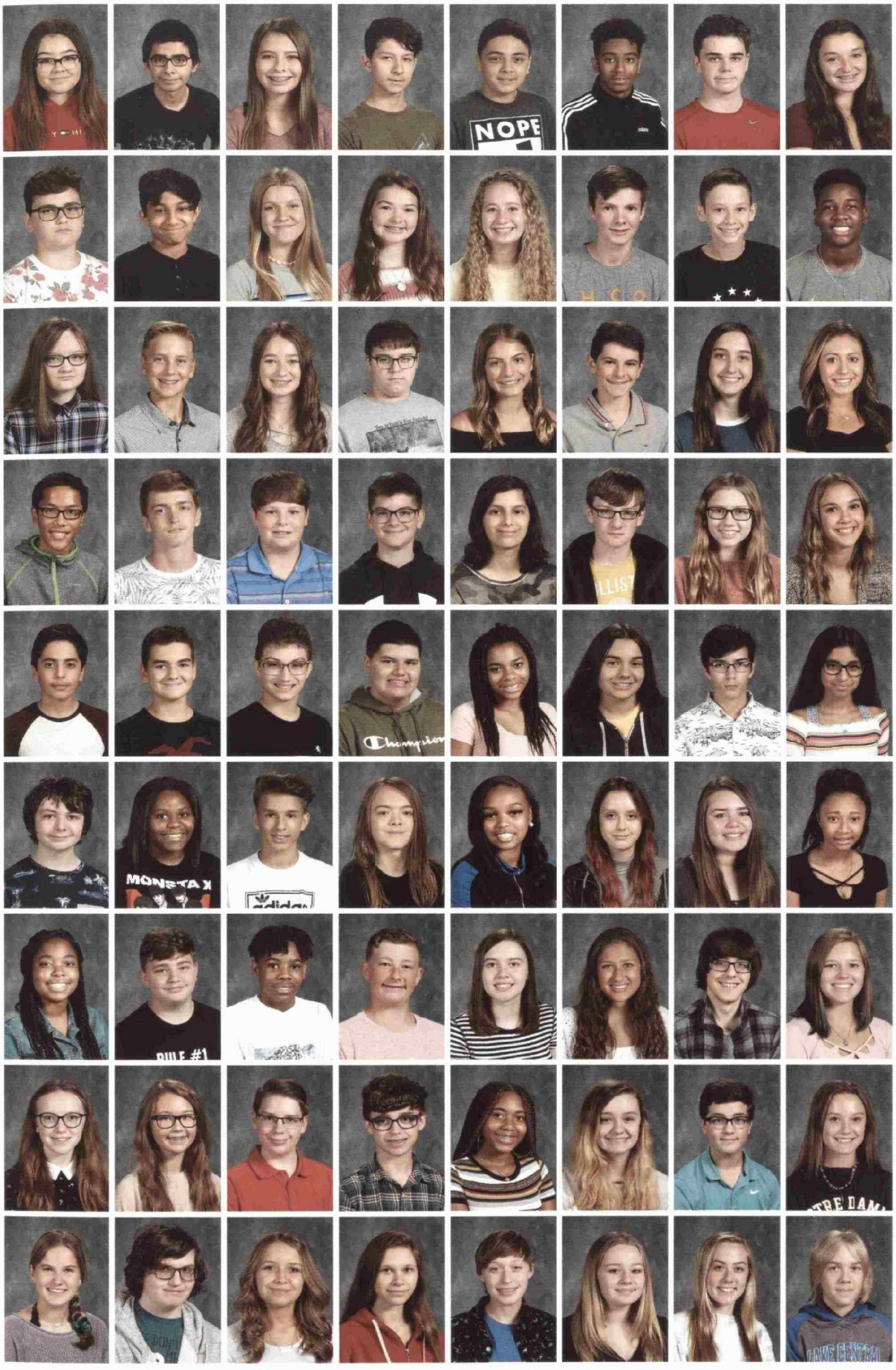

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WHAT ARE YOU MOST EXCITED TO DO IN HIGH SCHOOL?

Samantha Miller "I want to get better at time management and get good grades so I can go to the Coast Guard."

Addyson Popoca "I aspire to be a varsity swimmer and get a 4.0 grade point average my freshman year and hopefully keep ."

Josiah Blott "I am excited to achieve good grades, and graduate with a 3.0 grade point average I also want to try out for the wrestling team."

Christopher Logan "I am most excited to improve on my social interactions and increase my knowledge of the world and its subjects." that it obtains."

Aiden Ace "I am looking forward to succeed in the sports I plan to play and my academics."

Adam Steepleton "I'm most excited to be a part of Lake Central's hockey team and to meet new people ."

Shelby Noonan "I am looking forward to my senior night as a member of the cross country team and my sisters leaving highschool."

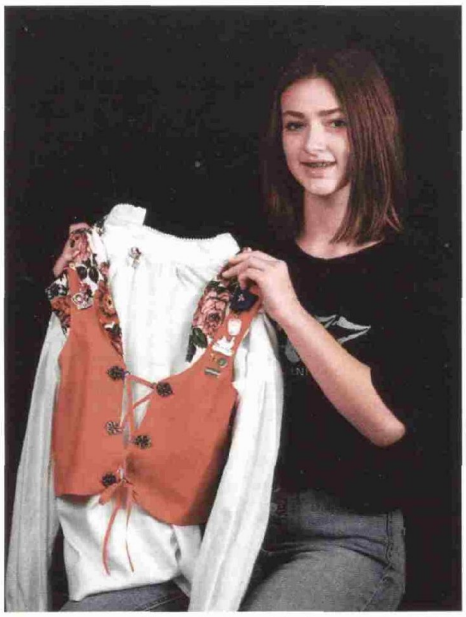
Natalie Kranksy "I'm most excited to experience the variety of classes, the school spirit events and attending sporting events because that is what I pictured the highschool experience to be."

Corrine Gillette "I'm most excited for prom, homecoming and formal because I know I'm going to make a lot of memories."

Alexa Edwards "In high school, I am most excited to discover more about my personal interests, set up future goals, and meet new people!"

Vivian Denton "In highschool I want to achieve to get good grades and win state in dance with all my friends."

Bennie Cardinas "I am most looking forward to the football games and making lots of memories with my friends."



Ava Tomky poses with her Swedish dress and floral crown. Tomky said that her dress is worn on a holiday called Lucia.

A One of a Kind Culture

Ava Tomky participates in a Swedish group located in Munster that does many cultural activities that brings them closer to their roots. This group allows people to experience their culture in a local area.

"We do different cultural activities and participate in holidays. We also do a weekly events where you could do painting and singing, but I went sailing this year. They served a lot of fish and they also made amazing Swedish meatballs," Tomky said.

According to Tomky, Swedish culture is very different than American culture. One difference is the holidays themselves.

"I think American culture doesn't have as strong of a history as Swedish culture does. We have holidays that we celebrate very strongly and that we go full out for. I like a Swedish holiday called Lucia, where we go around in white dresses for Christmas. I like some parts of American culture but I like Swedish culture more,"Tomky said.

For Tomky, these groups have been passed down through her family. This group taught Tomky how to speak Swedish fluently.

"I'm part of a Swedish group in Munster and they give us scholarships to go to these camps. My grandma was in the group when she was little and it passed down to me,"Tomky said.

By being in this organization, Tomky has learned more about herself. She has also been able to understand her culture with people who share the same cultural interests.

"I learned more about the political views of most Swedes and about the history from Viking times. I learned about the struggles the immigrants faced coming to the new land. I gained knowledge about myself and about my heritage and also I learned more things about people in general," Tomky said.

Ava Tomky

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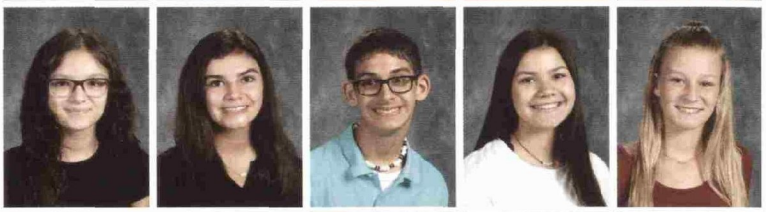

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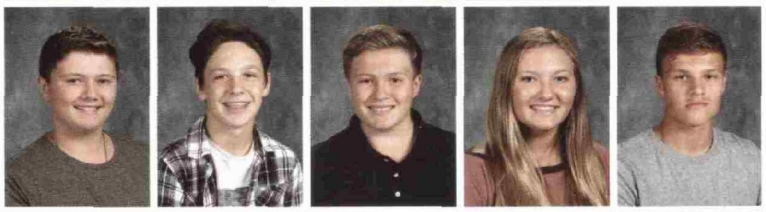

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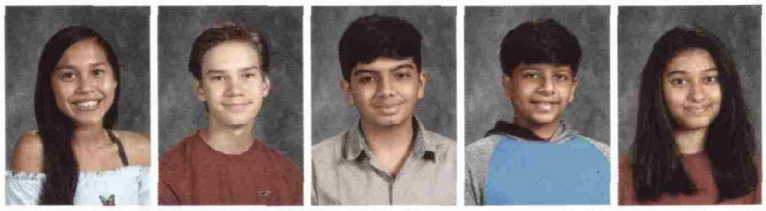
Ashna Patel



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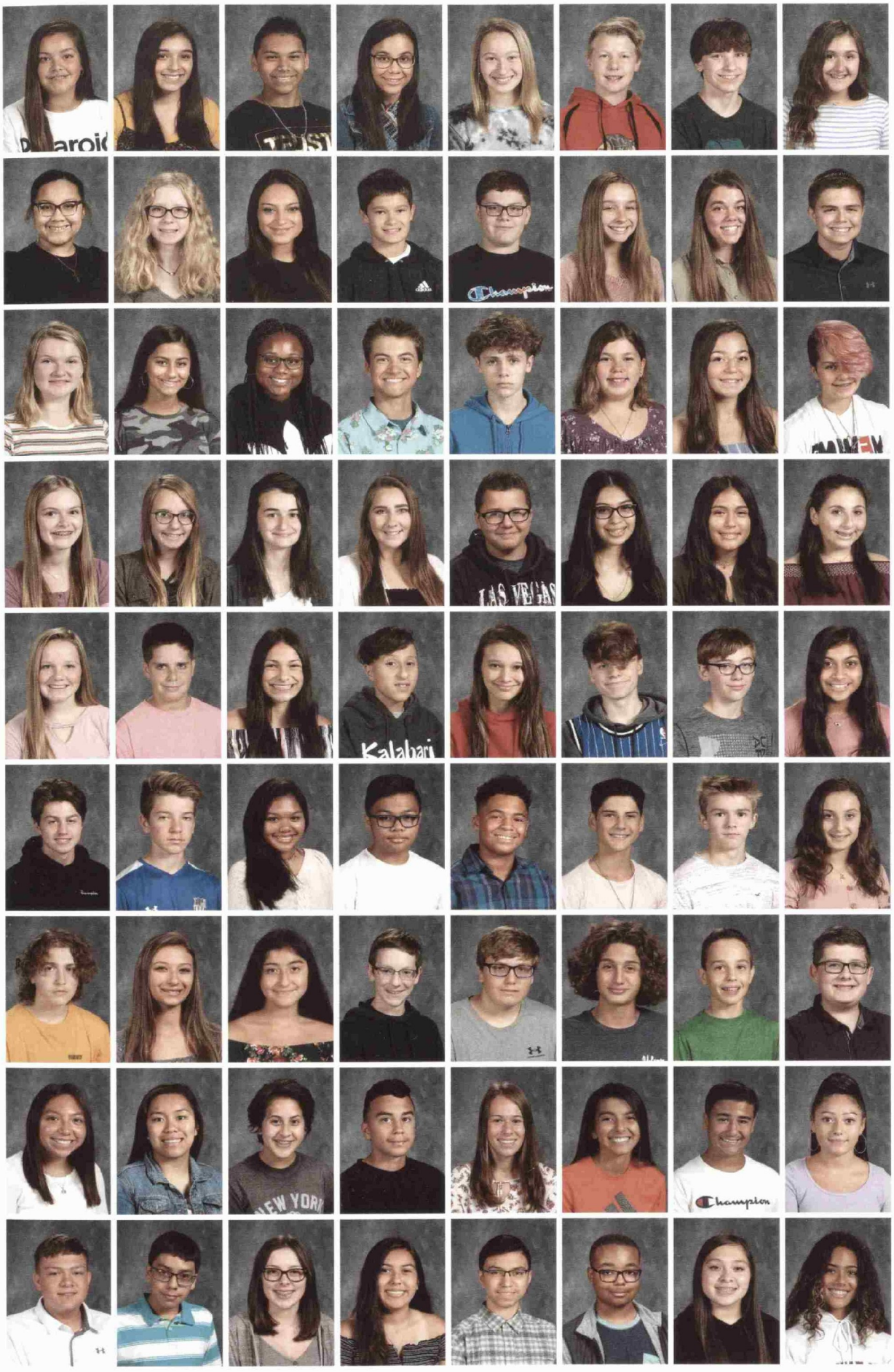
Noah Pavlick
Antonio Paz
Ella Pederson
Samantha Penwitt



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Reagan Sideris
Gabriella Simkus
Jason Simnick
Jackson Skains
Kayla Skertich
Evan Skowronski

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Amanda Smith
Audrey Smith
Elise Smith
Kaden Smith
Olivia Smith
Roemello Smith
Cassandra Smolen

Tieasha Smothers
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Tyler Snyder
Alexandra Sobczak
Megan Soeka
Taylor Somenzi
Hailey Sosbe
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Ethan Vargo

BIGGEST DIFFERENCE FROM MIDDLE SCHOOL

poll out of 379 freshmen

174

SLEEP

"I chose sleep because I stay up later to do my homework, but I have to wake up early, so I don't get as much sleep."
Ava Wilson

63

FRIEND GROUPS

"I chose friend groups because you don't really see the friends you had in middle school as much or you don't hang out with them anymore."
Victoria Olabintan

52

CLASSES

"High school classes are obviously a lot harder than middle school ones, but high school offers a much wider variety."
Kaci Brimer

48

HOMEWORK

"I think homework is the biggest difference because teachers expect more and you normally have more than one night to finish it."
Jessica Kohut

42

EXTRACURRICULARS

"I chose extracurriculars because I feel like in middle school they are mostly just for fun, but in high school they really matter."
Raeann Risos

STOP! You're probably sick of hearing center of *this* center of *that*, but now that you've reached the center of the book, it's time for you to reflect. What drives YOU? What are you all about? Ask yourself:

WHAT'S YOUR CENTER?

"Money is important to me. You need money to live. You need money for food, gas, your car. You can't live without money. You go to school, but how are you going to pay for school without money?"
Jelena Repak (11)

"Going home and seeing my family [is my center], because I know that they're the most important thing to me. I know that they have my back with whatever decision I make and they'll be there for me."
Jordan Duggan (11)

"My center is for sure my friends because they keep me sane and they are like my family. My friends understand me in a way my family would not. I hold my friends close because they are always there for me."
Maya Ganser (10)

"My friends and family are constantly surrounding me. The type of friends you pick and how you are with your family just kind of impacts you as a person. Your friends that you pick help you grow into a better person."
Jennifer Tulsiak (11)

"My center is my friends because they've been with me through thick and thin. They continue to push me to do bigger and better things. Without them, I wouldn't be who I am right now."
Piper Spyrka (12)

"'The Office' is my center. All the other copy-cat shows suck. Going home and chilling and watching 'The Office' is what calms me and grounds me."
Kyle Hegyi (12)

YOU'VE RE CEN

"My center would be my friends. I love hanging out with my friends and I care for all of them. My friends make me happy and laugh, and when I am sad they make me feel better."
Nicholas Fiorio (10)

"My center would definitely be my music. Music helps me grow as a person and you can put emotion into the music you make. Making music is something I have wanted to do since I was a kid, and it's finally happening."
Amir Takruri (12)

"The new friends I've made during my freshman year have been my center. I was most excited about all the new people I would meet. Theater has given me so many friends and I'm incredibly grateful for that."
Adriana Flores (9)

"My family and friends, because they help support you and help shape who you become as a person. With friends, you find them through different times of your life so you get to know a lot of different people."
Maya Trivunovic (9)

"Track is my center. I spend most of my time during season running and practicing with my team. I've met many of my long-term best friends and many of my favorite memories have come from the sport."
Cara Eklund (11)

"I would say my center is my friends and family. They have helped shape who I am. They are always there for me no matter what I'm going through or what decision I might make and they are my main support system."
Kyle Kennedy (10)

"Laughter and happiness is my center. Without these things life would be so boring and sad. I love making people laugh and happy but I also enjoy a good laugh either with friends or family."
Jake Martin (12)

"Academics is my center because that determines my future because it determines what college I get into and then what profession if I do well."
Abigail Burton (10)

"Other peoples' happiness. I like to make sure that everyone around me is okay and that I am also okay. I make sure to focus on keeping everyone happy and giving opportunities to talk and to feel listened to."
Isabella McCoy (11)

Page By: Caleb Chen, Natalia Gomez, Cori Lodis, Dilah Nelson, Nirvi Shah and Morgan Taylor

"My center is my friends, or what I call them, 'Da Boys.' It's a little cliche, but they've always been the ones to support me in what I do."
Christopher Szewczyk (12)

"I feel like one of my biggest attributes is being kind and understanding. I look at people around me and I think, if I was in their shoes, how would I want to be treated, or if someone's in this situation, how would I feel."
Jordan Fauser (9)

"I would have to say my religion because it keeps me grounded and in society. It helps keep me calm and it helps give me something to fall back on if I am ever feeling hurt or lonely."
Zachary Seljan (11)

"[My center is] friends and family because no matter what, they're there for you. My family has helped shape who I am. My friends are always there for me no matter what, so I don't know what I would do without them."
Kalli Blankenship (12)

"I would say my personal relationships. They make me happiest because they give me a sense of belonging and a place to escape from everywhere else in the world that causes stress."
Anthony Katona (12)

"My family; they're always there for me. They're my support system and they've helped shape who I am. When I'm struggling they're always going to be there for me."
Ella Dobrovits (9)

"My center is my family. They have given me so much and always support me in my decisions. I have so many people in my life that I chose to be my family and I think that's really important."
Adisyn Sawaska (11)

"I've been a swimmer my entire life, so using that to learn how to scuba dive has been my center. I've been scuba diving twice and it was the best experience I've ever had."
Joshua Burton (12)

"I feel like I can represent myself by what I listen to and how I dress. Lyrics represent how I feel and I can understand the artist I'm listening to. For fashion, I don't really care what other people think."
Alana Martinez (12)

ACHED THE TER

"Music grounds me. It is the center of all my goals and dreams. My goal going into music education is to teach my students to appreciate music in ways that I have, and how it can help in so many ways."
Mark Ring (12)

"My family is my center. They know me better than anyone else and they're always there for me. I know if I'm ever in trouble they're there to help."
Natalie Swanson (11)

"Music is my center. It helps me get through all the rough things in life and cheers me up when I'm feeling down. My freinds are also my center because every time I'm with them they make my days better."
Benjamin Haavig (9)

"Work would be my center because I spend a lot of time working. It's not the most important thing in my life right now but takes a lot of time away from me."
Angel Carreras (10)

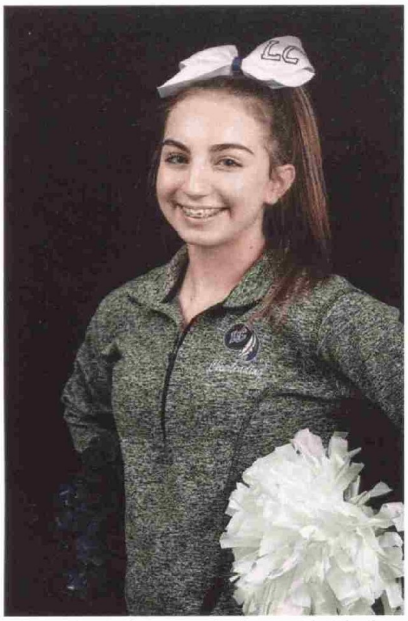
"My 'eboy' music is what centers me. I don't know who I would be if I hadn't found my style. Music is an art form that really moves people, it just depends on what you choose to listen to."
Kenyon Gondek (12)

"My center is animals because they have gotten me through so much. When I was at a low I could always count on my dogs to cuddle and love me. Animals are fun to learn about and they improve my mood."
Morgan Wordlaw (10)

"I would say my family is most important to me. My family is with me no matter what and they have been there my whole life. I love my family."
Ava Pennavaria (10)

"I stay true to myself and my beliefs. I try to be nice to everyone. I value honesty, not just from myself, but from others. I don't like taking more than my fair share and giving more than I get."
Youssef Errihani (12)

"Keeping my grades up is most important to me. Keeping my grades up will prepare myself for my future and that is the quickest way to do it. This will get me to attend a good college."
James Davis (10)



Grace Mills smiles for a picture in her cheer gear. This is her first year on Varsity with no cheer background.

Cheering With the Big Leagues

Many underclassmen look forward to the day they can play on a varsity sports team. Grace Mills, however, gets to cheer with the varsity team her freshman year as a side base.

"At first I made JV, but then my coach wanted me to stunt with one of the varsity groups because they needed help and he just moved me over," Grace Mills said.

Grace has only been cheering for a few months, which makes her spot on the varsity team even more competitive. However, her past in gymnastics helped her develop the skill set she needs to cheer. An injury stopped Grace from being able to do gymnastics, but now that she is healed, she is able to cheer.

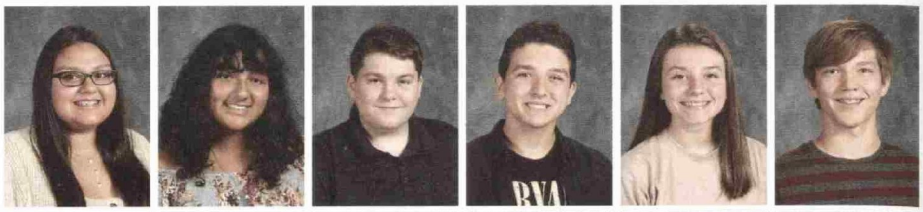
"This is actually my first year. I did gymnastics for 8 years and then I quit because I had a really bad injury," Mills said.

Cheering runs in Grace's family too. Her older sister sister Madeline Mills ('19) cheered all of highschool. Last year, she was one of the co-captains of the cheer team. Madeline's past experience motivated her sister to join the sport.

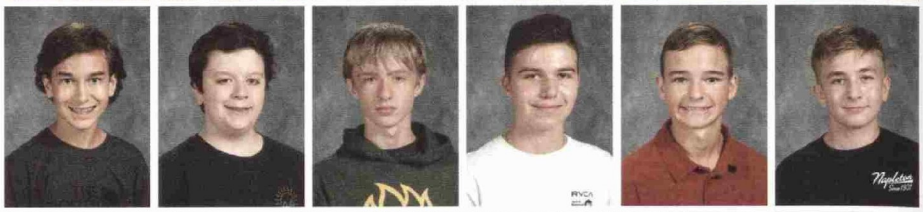
"My older sister did varsity cheer all 4 years and I was just inspired to do it. We're really close. [This year I want to] make new friends and do really good in competitions," Mills said.

Grace Mills

Angelica Vasquez
Emma Vasquez
Logan Vaughn
Robert Vega
Victoria Ventrice
Reid Veracco



Tyler Verbeek
Max Vogt
Nicholas Vorreyer
Nikola Vukasin
Andrew Walker
Gage Walker



Tyler Walls
Matthew Walsh
Joshua Warn
Mya Warner
Annamarie Wayman
Garrett Weber

Griffen Weber
Grace Weinmann
Elizabeth Welch-Monahu
Max Welty
Tyson Wermeling

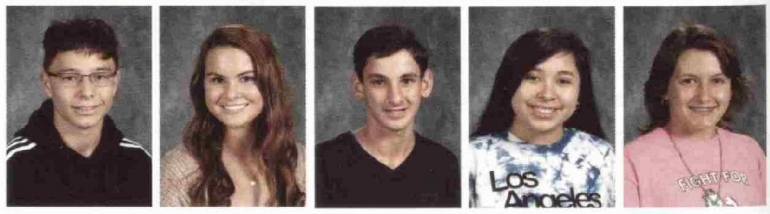
Elaine Werner
Benjamin White
Colin White
Noah White
Braden Whitney

Braylon Williams
Jennifer Williams
Lucias Williams
Matthew Williams
Rhett Williams

Veronica Wilocki
Ava Wilson
Maxwell Witt
Katrina Wojciechowski
Cole Woods

Robert Wooge
Dean Wooley
Jill Wright
Marion Wright
Benjamin Yatsko

Myles Yekich
Camille York
Matthew Zaikos
Giselle Zenteno
Peyton Zientara



Page By: Jade Mehok, Allison Potpora, Hailey Prasopoulos, Justyce Reed, Ava Solis and Molly Tkach

I'M IN ROOM ****. I'M SAFE. I'LL TEXT YOU AGAIN IN 10 MINUTES. I LOVE YOU.

On Sept. 6, 2019, Lake Central simulated an hour-long schoolwide lockdown drill to better prepare students and faculty for dangerous situations. Because of the increased number of school shootings occurring across the country, this drill was taken especially seriously by many of the school's population.

LOCKS, LIGHTS, OUT OF SIGHT

"I'm aware that we are vulnerable, especially being a mom to a student in this school. It adds to the fear. I am always thinking during a drill, 'Where is Avery? How would I be able to get to her?' I do have real tears every time we have a drill. I think an issue we have with school safety is how do you predict the unpredictable? We can run drills based on data and statistics of events in the past but every situation is different and the stakes of human lives being lost is too high. We can minimize destruction and death with drills, yet the reality is we can't eliminate a threat. Even discussing the procedure for the drill had me in tears. I'm sad that we have to take the time to practice an active shooting drill. I'm sad for our students."

MRS. STEPHANIE PARKS, SCIENCE

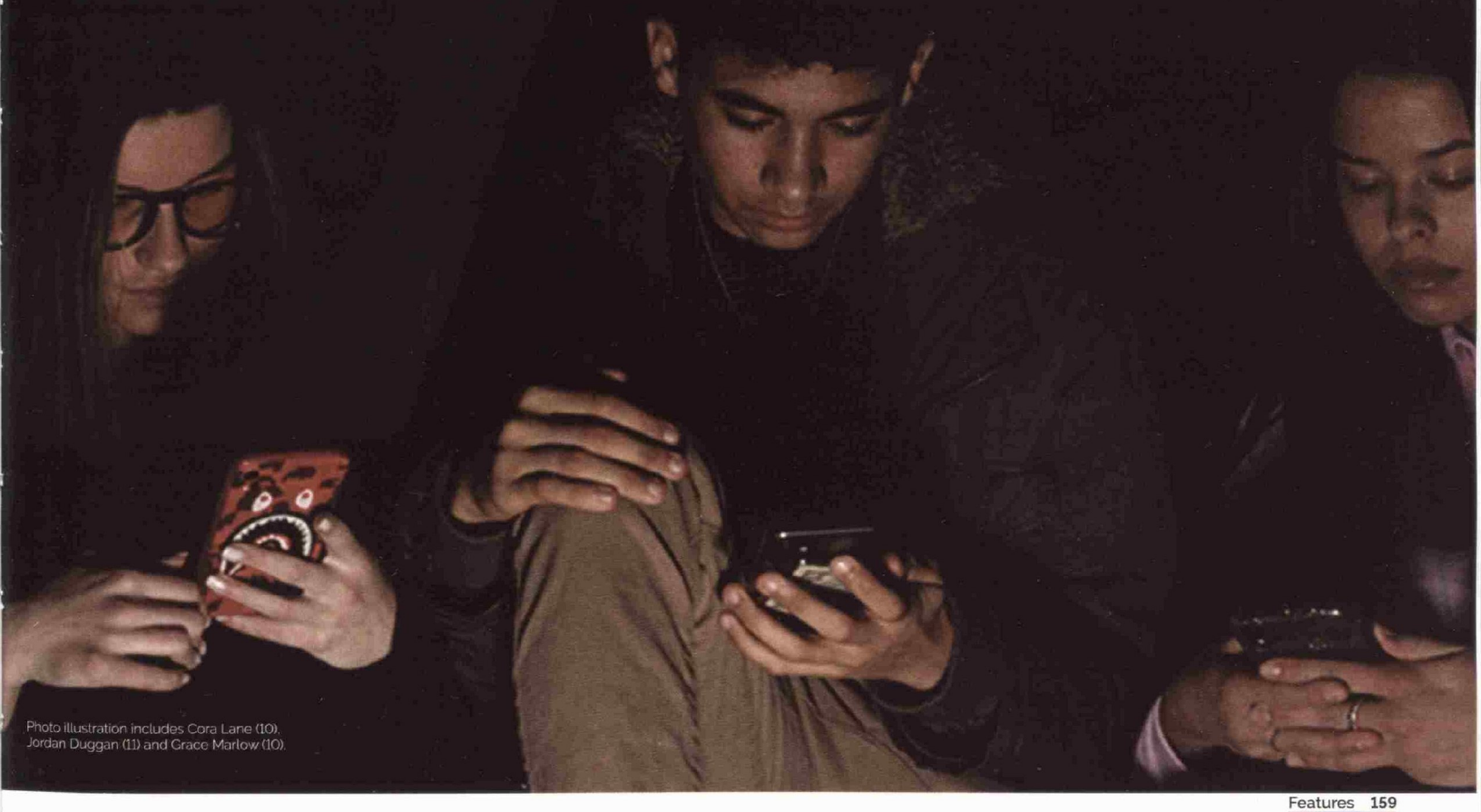


Photo illustration includes Cora Lane (10), Jordan Duggan (11) and Grace Marlow (10).

STRESSING SAFETY

Since the 5th hour active shooter drill, students voice their opinions about school safety

Working to Protect

"I do think Lake Central is a safe school, because we have really worked hard to put protocols in place. We try to explain them and we do training for our teachers. I feel like people have a good idea of what they need to do. I think we always need to improve it and get better at it, but I feel like the protocols we have in place are top-notch. The biggest thing is trying to communicate more with our students and make sure you guys feel like you know what to do in every situation. You guys are teenagers and when we train students we have to train our kindergarten students through our seniors in highschool and it's a completely different mentality. I think we do a really good job with our elementary and our middle school but the high school kids are young adults. If you want to listen to me, then you will listen to me. If you don't want to listen to me, then you're not going to listen. We have to figure out a way to make it more interesting and it to hit home."

Officer Jerrry Patrick, Police

Update Drills

"We should have more drills that we don't just follow someone outside because if we were in passing period and a code red drill came on it, would be crazy. The school also could have the teachers more connected so that if anything happens, they have someone to immediately contact. If the school is more connected with each other we will be more prepared if something happens."

Juliana Flores (10)

Lack of Trust

"I do not feel safe at this school. If someone wanted to harm me or any student for that matter, they easily could. There are so many people that go here there is no way we can trust every student to not do something bad like a school shooting. I feel most unsafe when I'm in the halls because that's where I see lots of students that I don't know or trust."

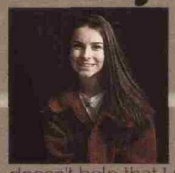
Clayton Boender (10)

Police Protection

"During lunches, there are principals and cops making sure people aren't doing anything dumb. Any fights that break out are instantly stopped. In PTE, everyone had to watch a video on what to do during school emergencies. All of the drills help prepare the students and staff to stay safe."

Cora Lane (10)

Uneasy Feelings



"To be completely honest I have always felt a little uneasy in school just because of everything that's happening right now in the country. It also doesn't help that LC is one of the biggest schools in our area and there's so many people in school that I don't know. I think we should do the school shooting drill again but this time we should have more people down in the cafeteria."

Emilee Maten (10)

Paying Attention

"I think we take a lot of time to make sure our students feel safe. We had to watch the video about lockdowns and drills, and we do it almost every month. We try to make sure we keep up with our drills. I feel like they can be very helpful if we pay attention to them. The videos can be very informational, and if we paid more attention, we could be better at safety than we are now. I feel like the drills we do should become more intense. Maybe we could do one that lasts the whole day. During the big 5th hour drill, I was in a classroom and we put things in front of the door and I got to hold a fire extinguisher. I think the drill was helpful but I think it should've been more of a surprise and realistic."

Dontreal Butler (12)

43% of students do not feel **safe** at LC

poll out of 428 students

Ineffective Drill

"The simulated live shooter drill turned into a joke by many students. I think the active shooter drill wasn't effective. Kids were making jokes and Tik Toks while other kids were having panic attacks. It's upsetting that we have to stimulate these situations in the world we live in. School safety can be improved by listening to students more and more research from real life situations. We need to teach students that this isn't a joke just because they don't think it will happen to them."

Mya Bell (12)

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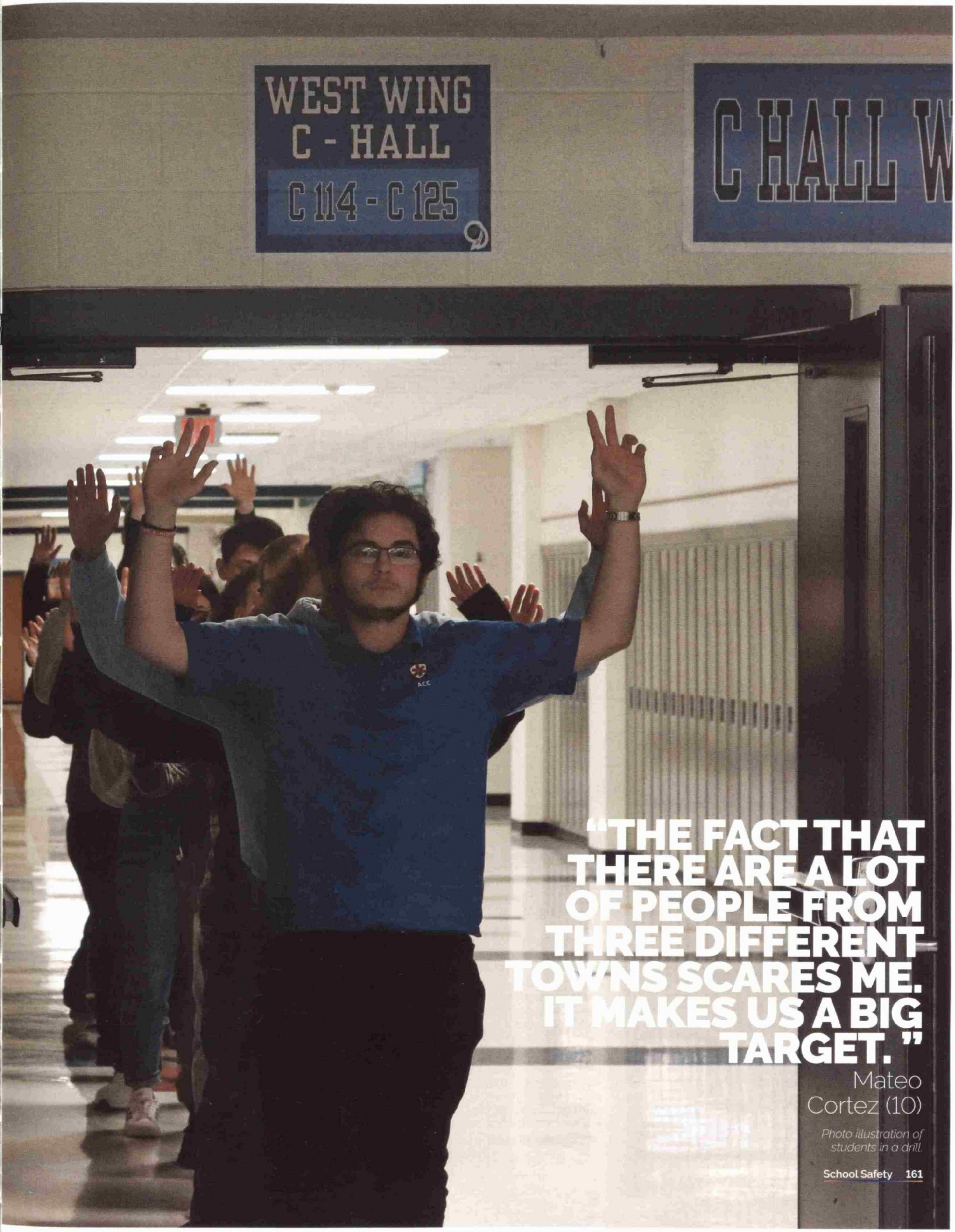
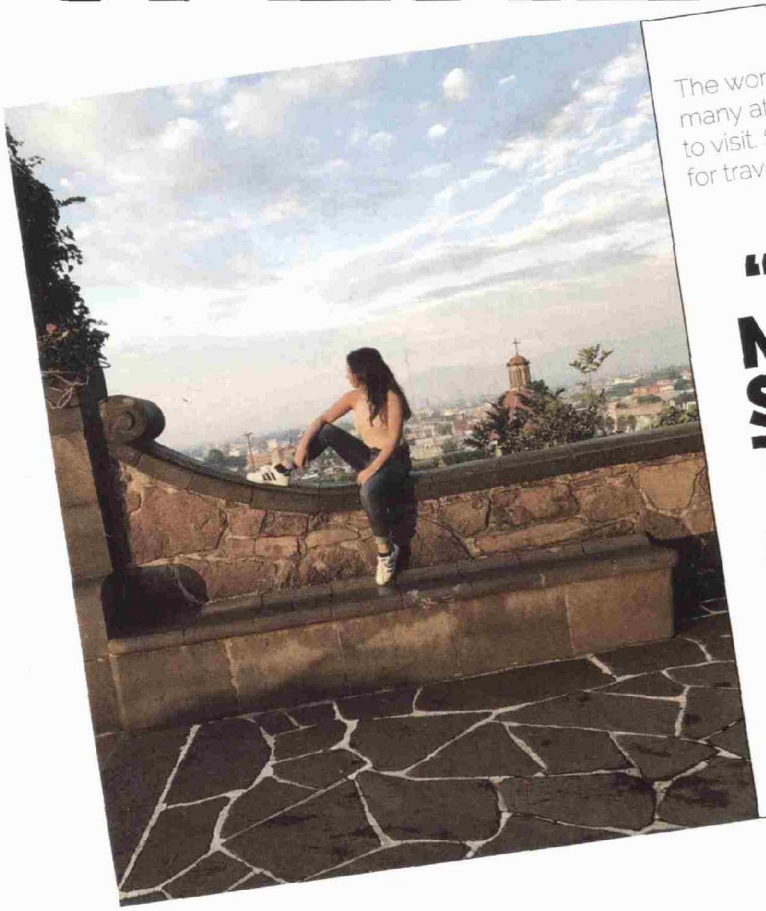


"THE FACT THAT THERE ARE A LOT OF PEOPLE FROM THREE DIFFERENT TOWNS SCARES ME. IT MAKES US A BIG TARGET."

Mateo Cortez (10)

Photo illustration of students in a drill.

WISH YOU WERE HERE



The world is a big place with many attractions and destinations to visit. Students share thier love for travel.

"WHEN I'M IN MEXICO, IT'S SUNNY ALL THE TIME AND I'M JUST HAPPIER WHEN I'M TRAVELING."

Cindy Torres (11)

A Variety of Cultures

"One of my favorite things about traveling is to see the different cultures when you go to a different place everywhere. The food is different, the clothes are different, the stores are different. It's just kind of cool to see the different types of cultures. I've been to 14 countries and 40/50 states. I've been to Canada twice, Mexico, the Bahamas, Belize, Honduras, Haiti. We have a lot of foreign exchange students, and almost all of the foreign exchange students have been through us, so it's cool to go visit them, and we just love traveling. It's a family thing for us to just go and travel. We do it for a bunch of different reasons; one, I have volleyball and we travel a lot for that, so for nationals I'm going to Texas. Two, for fun and whenever there's a break we go. Three I do mission trips through my church, so after Haiti we went after the hurricane to help pick up, and with my church we helped to clean."

Madison Vander Meer-Erickson (10)

Capturing the Moment

"One of my favorite things about traveling is I get to make new memories and take pictures. Pictures are my favorite things. I have them all over my room and I also like to take a rock from every place that I've been to, so I have tiny little pebbles from everywhere I've been to. I went to Mexico for winter break this year, and I went to Puerto Rico for spring break last year. Over the summer, I travel. I am a camp counselor, so my job is traveling, so I get to travel to a new place even if it's not that far, like Southern Indiana, Michigan or Tennessee, I get to do that all summer. I try to go to Florida at least twice a year and then a big place at least once a year. Traveling makes me feel happier. I love to go places where the sun is shining because we don't get much vitamin D here, so it just makes me happy, and it just makes me never want to stay in Indiana."

Mariana Bendinelli (11)

Adventure Awaits

"I love the experience of meeting new and different people. How people treat foreigners by making them feel like they are at home and how they try to involve the foreigners in their daily routines is amazing to see. I also like how the people who actually live there interact around each other. I've been to Spain, France, Germany, Greece, Palestine, Israel, Jordan, Italy and the U.S.A. Palestine is my favorite because that's where I was born. Once we leave the U.S,we're more free to do what we want, so 20% of the time I'm with my parents and the rest I'm going out and meeting new people by myself. I travel every summer, usually from May to August. During the trips I feel fulfilled and happy and after the trips, I feel like something is missing. Honestly, I don't really prepare for a trip. It's mostly just packing up and that's it. I like to be surprised by what I see when I travel places."

Adam Abudayyeh (11)

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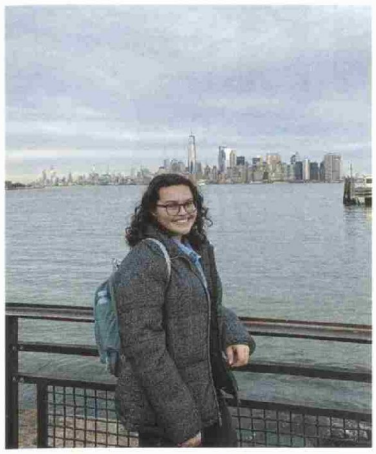
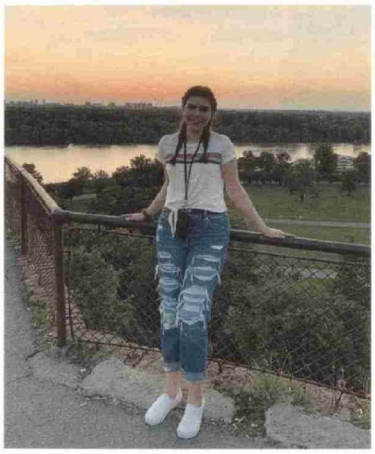


Christmas Vacation

"My favorite thing about travel is being able to make new experiences and memories with my family and friends and explore the world. I've been to about 20 states within the U.S., like Hawaii, Colorado, California, New York, and I've been to three countries outside of the U.S., like Aruba, Mexico and Canada. Usually, instead of getting Christmas presents, we go somewhere and get little presents. I prefer to go somewhere instead of getting something. I feel like it's better to experience the world than getting something. I like being able to experience new countries and their weather and being able to experience the different food."

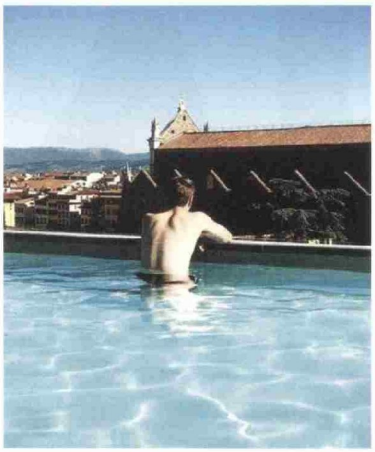
Alexa Nied (10)



Second Home

"My favorite thing about traveling is packing, and I like actually getting to my destination and having the whole experience. I've been to 7 or 8 countries. Last year I went to Europe, and we have a lot of family there, so we have an apartment there. It's kind of like my second home. It makes me feel happy because I get to see my family. I get to be in a new place and it makes me feel calm and relaxed. In Europe you don't have to think about anything, you just do stuff. I like meeting new people. If we go somewhere, mostly everyone is so nice, so I like meeting new people, and I like going to new environments and seeing how they do things."

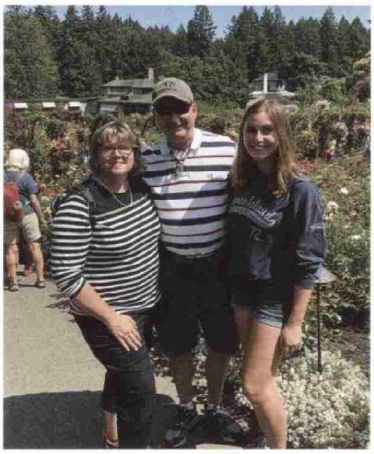
Jelena Repak (11)



Always Moving

"Being able to see places that have contributed to history and seeing famous landmarks that symbolize certain things to people in different countries has to be one of my favorite things about traveling. I've been to six or seven different countries. I've gone to Italy, Germany, France, Switzerland, Ireland and England. My family and I try to go on vacation every year, and we also try to travel outside of the country every three or four years. It just relaxes me, and gives me a peace of mind. My favorite thing about the traveling experience is meeting new people and embracing other people's way of life and being able to take part in their cultures."

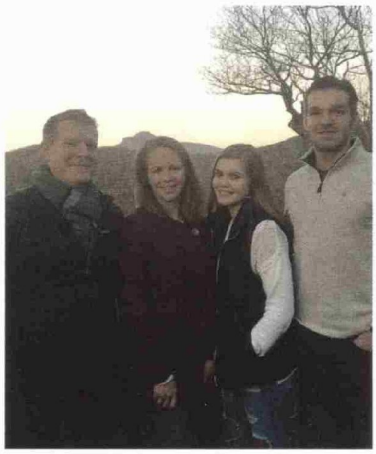
Derek Baldin (11)



The Journey

"I just like being to places I've never been before, because it gives me another opportunity to see how other people live. I have been to roughly 10 states as well as Mexico and Canada. My family goes on vacation to relax and have fun. Traveling always excites me, because it's a new place with new things to explore. My favorite part of traveling is the journey it takes to get there, whether it be car ride or by an airplane. I usually travel for recreation or sometimes for family. To prepare for a trip I pack, and my parents do most of the reservations. I would usually prefer to fly because I love going to airports."

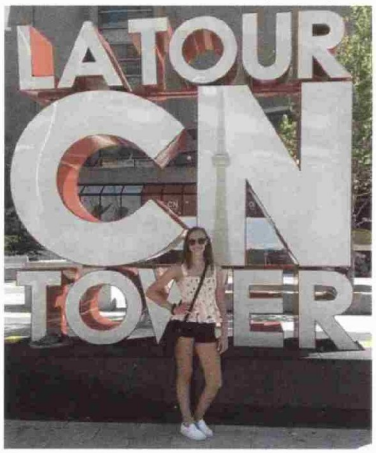
Cara Eklund (11)



Family Fun

"My favorite thing about traveling is the new foods, new sights and the new people. I've been to Mexico, North Carolina, South Carolina, Washington, Georgia, Nevada, Arizona, Iowa, France, Canada and Puerto Rico. Me and my family always plan our vacation first, book it and then we go there. We go on vacations at least a couple times a year. Traveling always makes me feel very happy. One of my favorite parts about the traveling experience is the flying. I like to watch and eat food. While I'm there, spending personal time with my family and having fun at different places are the best. But flying is my overall favorite because it's very fun and it's faster than driving."

Mary Carey (11)



Relaxing Get-Away

"Every spring break my family and I go to Tennessee or Michigan every year, but we travel four times before the end of the year. When I travel, I'm relaxed; it's just a weight off your shoulders. It's just nice to get fresh air and get away from reality. You can just snap out of it and have a get-away for a week. Sight seeing and going to historical landmarks are my favorite things to do when I travel. The drive there is always interesting because there are so many things that you can see. I love driving places even though you're trapped in a tight space with people. It's just fun to play road games and go to different rest stops and restaurants. It's just nice to take your time."

Taylor Conn (11)

FANATIC FRENZY

Many people have something they are a fanatic about. Students share what they highly enjoy, whether it's a sport or a TV show, along with the reasons why.

Disney Dreaming

"[I'm a fanatic of] Disney and all things Disney because I've been going there since I was little, and so have my parents. It's a family thing. Most of my life has revolved around the movies, the parks and things like that. I like collecting things, and I'm obsessed with all the songs and the musicals. We go to the parks once or twice a year. I could probably name the whole map of Disney World. I could name the whole park from memory and everything that's in it. We have a collection among my family. We have a bunch of Mickey Mouse decor; I have t-shirts and spirit jerseys. There are magic bands all over my house and plates full of Mickey."

Abigail Lawson (12)

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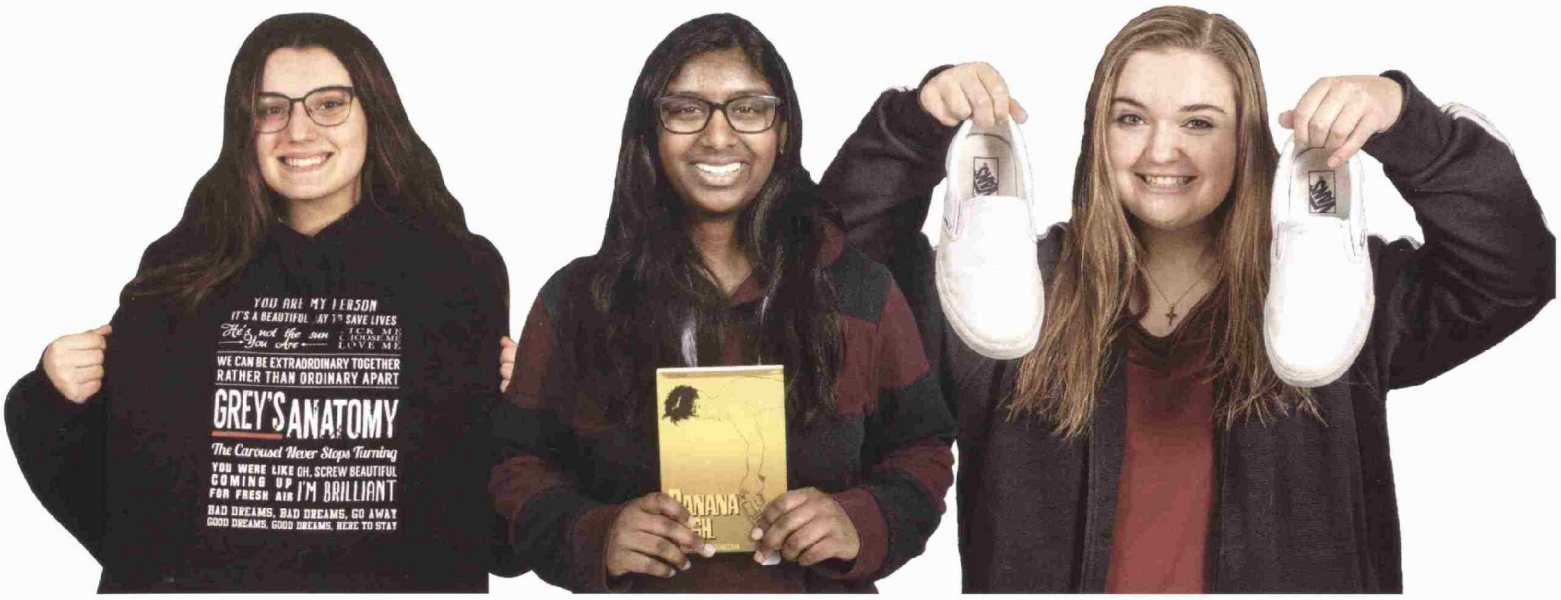
YOU ARE MY PERSON
WE CAN BE EXTRAORDINARY TOGETHER
RATHER THAN ORDINARY APART
GREY'S ANATOMY
The Carousel Never Stops Turning
I'M BRILLIANT
BAD DREAMS, BAD DREAMS, GO AWAY
GOOD DREAMS, GOOD DREAMS, HERE TO STAY

Grey's for Days

It's just so cool watching all the drama unfold while also watching surgeries. I'm really into medical stuff, so that's really cool for me to watch. [I became a fan of it] like the beginning of this year. It's just so hard to stop watching. I watch it every day. I'm on my third time of my fourth season. I have two sweatshirts and a pair of sweatpants. My favorite character is Alex Karev because I just like watching his character develop through the season. It's just really cool to me and he became my favorite."

Melina Boulas (12)

Anime Appreciation

"I am a fanatic of Anime and Manga. I like the characters and plots of a lot of them. [I became a fan] in probably January 2017. Anytime I have any free time, that's all I do. I just watch and read it. For Mangas, I have all of Vinland Saga, all of Ten Count, half of Banana Fish and three volumes of One Piece and one volume of Hunter Times Hunter. Vinland Saga is my favorite manga."

Mariam Ameeruddin (10)

Off the Wall

"I am a fanatic of Vans because they're so cute and they go with every outfit. [I became a fan] in 8th grade. I consider myself a fanatic because I have 12 pairs of shoes and 2 sweatshirts. My favorite pair are my white checkered ones. I wear whatever color goes with my outfit."

Joanna Kouros (9)

"THE FIRST WORD I EVER SAID WAS 'BALL' AND FROM THERE I'VE BEEN IN LOVE WITH SPORTS. I DEDICATE A LOT OF MY TIME TO SPORTS SO THAT MAKES ME A FANATIC."

Graham Weber (11)

Symbolic Tattoos

I like [tattoos], and it's a pain reliever even though it causes pain. [I have] around 6 tattoos. [I became a fan of tattoos] when I was 14 because I just wanted a tattoo honestly. I have a wolf on my leg that is yelling, so it symbolizes expression. Half of me can be calm, but the other half of me can have expression."

Dominique Cotton (10)

Musical Messages

"[I'm a fan of] the rapper NBA Youngboy because I really like his music, and I like what he speaks about even though sometimes it can be not seen as good for the public. I like the underlying messages. I became a fan last year. I started listening to his music that was big, and then I started listening to his other albums and his other songs. I consider myself a fanatic because I keep up on every single music thing that he drops, every mixtape, every EP. I listen to everything."

Gianna Macfarlane (10)

Grow to Love

"I'm a fan of anime because when I was younger I would watch Saturday morning cartoons, and it was just something that was always on TV, so I sort of grew to love it, and I still love it. There's different types of Anime, too. There's romance and fantasies and stuff like that. My [favorite type] is more the magic and medieval kind."

Matthew Ventrice (11)

Amanda Aardema
Layali Abdelqader
Tre' Adams
Kaedynce Alcala
Sanja Aleksic
Antonia Alexiou
Kendall Allen
Andrew Almazan

Jessica Almeida
Brianna Alvarado
Felipe Alvarado
Antonio Alvarez
Jaden Alvarez
Aurora Alvarez Hanson
Cloe Amanatidis
Maria Amaya

Mariam Ameeruddin
Benjamin Amft
Emma Anthony
Jailene Aponte
Damian Arambula
Daniela Araujo
Sean Arce
Macie Arena

Carmen Arenas
Joel Arteaga
Michael Aurelio
Jaelynn Austin
Sharon Austin-Weinstein
Shane Avery
Caleb Ayi
Sydney Bach

Jessica Bader
Gage Badie
Marcus Bais
Chloe Baisa
Olivia Balog
Jacob Balousek
Julianne Bandstra
Daniel Barajas

Favian Barbosa Anguiano
Dylan Barkauskas
Matthew Barone
Abigail Barrett
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Brianna Batinic
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Charles Bivona
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Donovan Brennan

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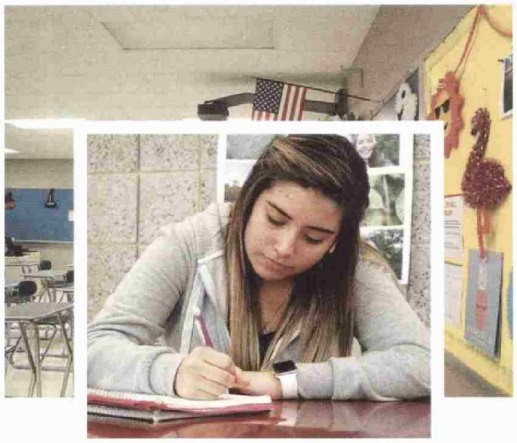


Juliana Flores works on one of her assignments. Flores is worried about her future in high school.

TAKING

TRAINING WHEELS OFF

SOPHOMORES EXPLAIN THEIR HIGHS AND LOWS THROUGHOUT HIGH SCHOOL

Sophomore year is the midpoint of a student's high school career. Sophomores have stated that this year can be the busiest, most exciting and stressful year that students experience. They have often find themselves facing the reality of high school learning how to balance school with play.

"My life is pretty busy, but somehow this year has made me learn how to level out my two main priorities, school and sports," Alexa Nied said.

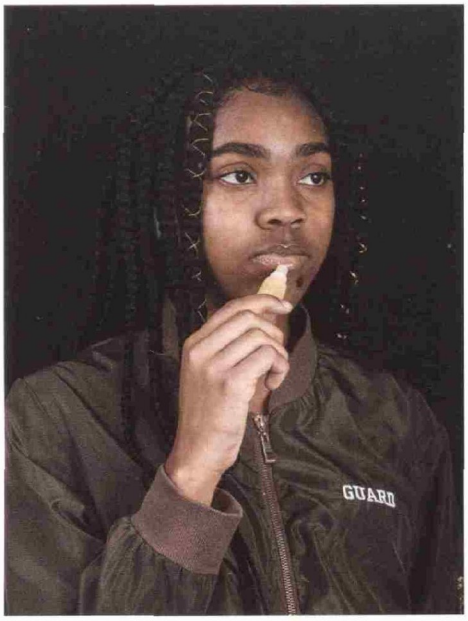
The sophomores get new privileges they didn't have as freshmen. They have new courses they are able to take, like Environmental Science, and they can start duel credit classes.

"Being a sophomore is crazy to me," Juliana Flores said.

"The best part about this year has to be that I'll soon be able to drive to school and I'm finally able to take Psychology and my other electives I was dying to take last year," Evan Flores said.

Juliana Flores stated that these last few years of high school will slip away faster than expected. Flores beleives that it is now time to take off the training wheels and start to really become a mature adult.

"Being a sophomore is crazy to me. Last year I looked at high school as a long path ahead of me and now, just a year later, I'm half way through high school," Flores said.



Kortni Minter dispays a tube of her homemade lipgloss. She currently sells her products through her social media platforms.

Gloss Boss

Kortni Minter has always loved wearing lip gloss, so much so that she decided to start making her own. Starting a small business takes hard work and dedication, so Minter decided to take on that challenge. She is the founder of Lucent Lips, selling products via social media.

"I started because I carry lip gloss with me everywhere, so I decided, instead of wearing someone else's, I could just wear my own," Minter said.

Since Dec. 2018, Lucent Lips sells a variety of lip gloss including different flavors, colors and even glitter. Minter enjoys making the product, but it takes time.

"Making lip gloss is a somewhat complicated process, but it consists of mixing scents, oils, glitters and pigments with a thick base," Minter said.

Presently, she sells to friends and reaches out to various social media sites to get the word out. She is in the process of launching a new website to expand her business.

"I usually make my glosses whenever I can find time. Sometimes during the week, but mostly on the weekend," Minter said.

Fortunately, she has a little help. Her family is very supportive of her business.

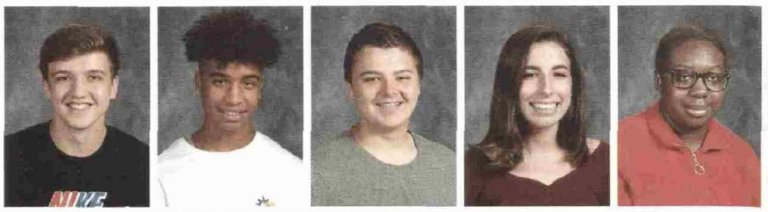
"My mom has been really supportive by getting the materials and setting up the website," Minter said.

In the near future, Minter hopes to own the trademark on the name and product to help bring in big profits.

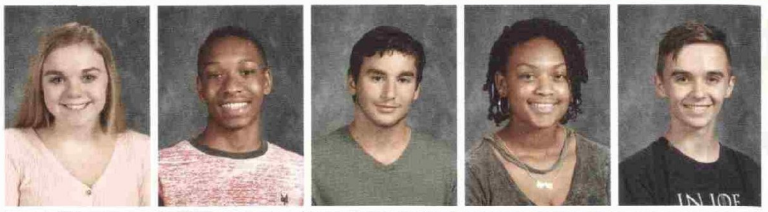
"It helped me become more responsible, organized and self-productive," Minter said.

Kortni Minter

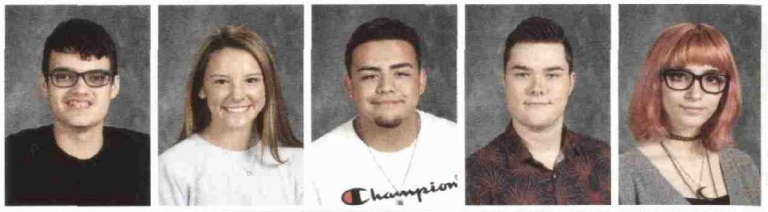
Ryan Cirks
Jaiden Clayton
Kenneth Cloghessy
Kathryn Cluck
Tyshana Coffee



Gianna Colao
Elijah Coley
Fotios Collaros
Alaina Collins
Bryan Comparon



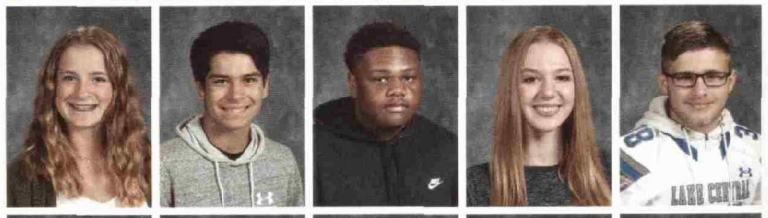
Michael Connelly
Kiley Conner
Owen Considine
Nicholas Constantino
Abigail Contreras



Brianna Cook
Eli Cook
Jaida Cook
Ryan Cooper
Sydney Copak

Mea Coronel
Chris Cortez
Mateo Cortez
Joseph Cortina
Luka Cosovic

Cayla Costello
Zachery Cotter
Dominique Cotton
Caitlyn Cox
Max Creasbaum



Victoria Crenshaw
Colin Crimmins
Vivian Cronin
Kyran Crosslin
Kathedra Csanyi

Nicholas Cullom
Alyssa Culver
Taylor Czaja
Luke D'Angelo
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Milos Damjanovic
Lauren Damron
Lucca Darak
Carly Davis
James Davis

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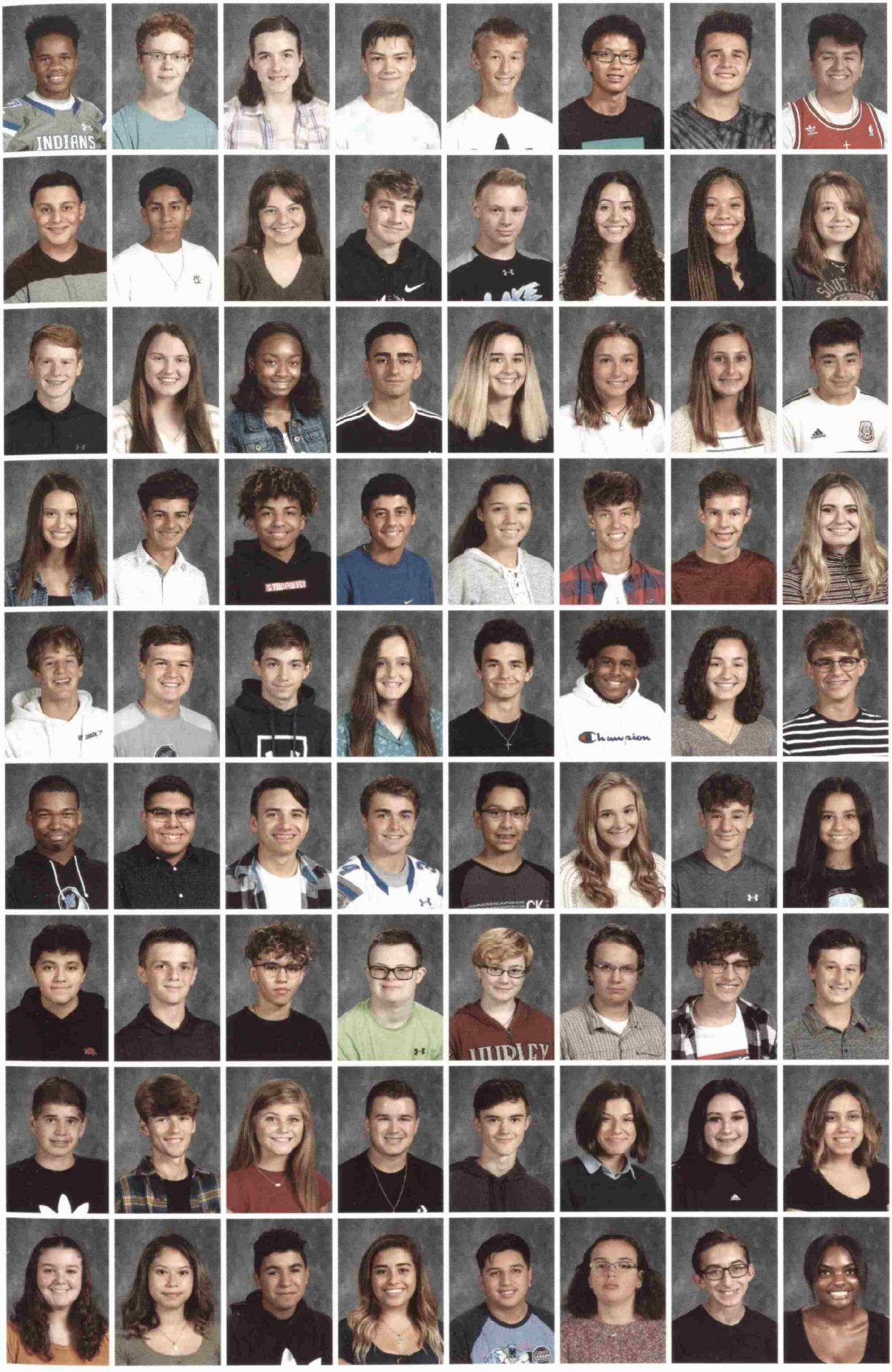

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Cooper Deabel
Jessica Debok
Vito Decero
Ethan Dedo
Nathan Deedrick
Michael Degrado
Noah Del Real

Jacob Delgadillo
Nathan Delgado
Emily Denny
Andrew Destjean
Noah Deyarmin
Serenity Diaz
Yolanda Diaz
Brelin Dickerson

Dylan Dieringer
Madison Dieringer
Kai Dilosa
Stefan Dinich
Ana Dodevska
Emma Dolci
Sydney Doloszycki
Sebastian Dominguez

Madalyn Doreski
Oliver Doreski
Jonathan Dotson
George Dous
Kristin Downey
Luke Dragos
Ryan Draus
Amanda Draves

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Evan Duerst
Tyler Dunand
Natalia Duvnjak
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Grace Enyeart
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Gabriella Grahovac
Tess Green
Grace Greenwald
Benjamin Griffin
Simon Grimler

Maggie Grudzien
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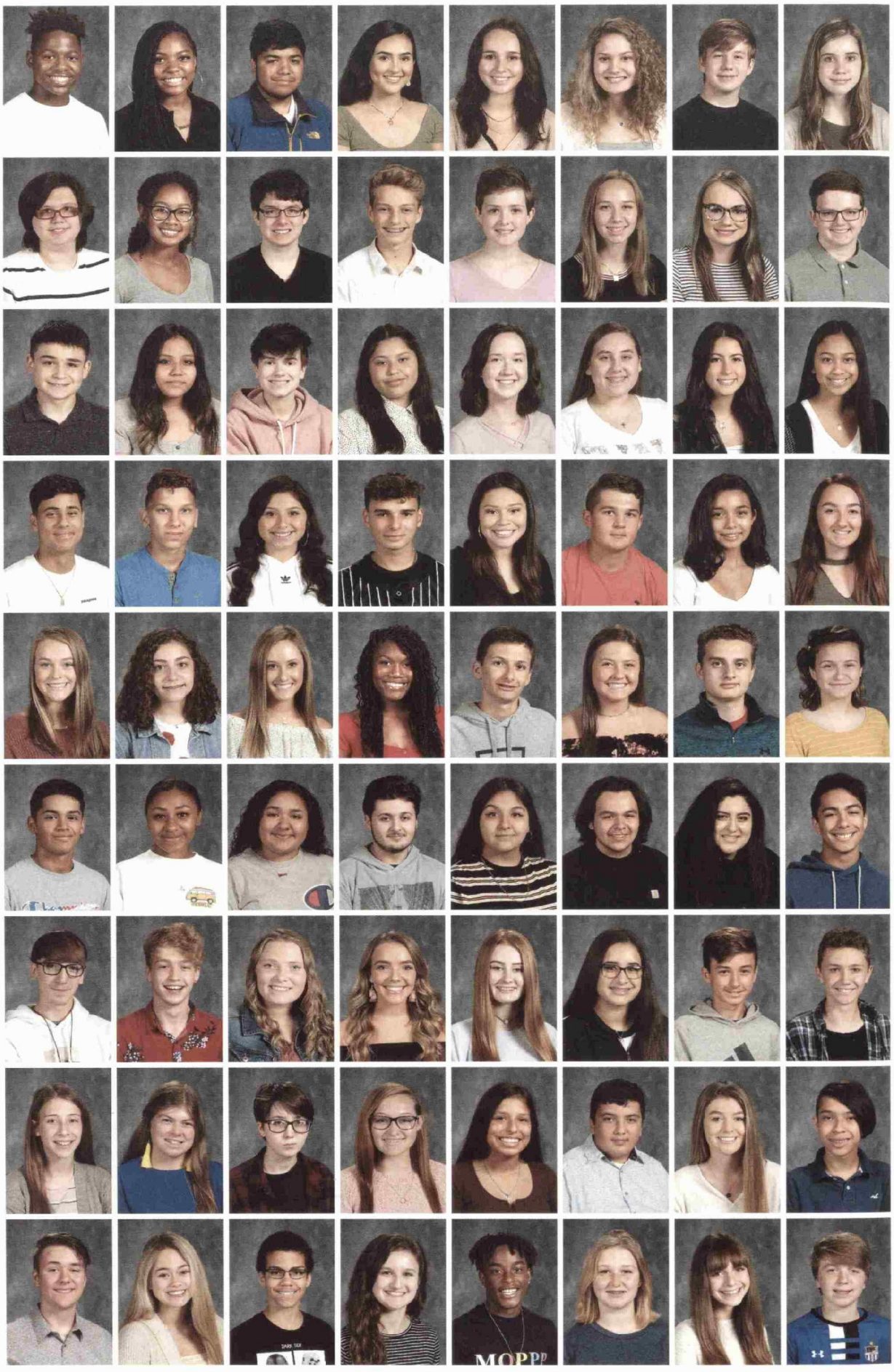

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Amari Hawkins
Cody Hawkins
Mel Hay
Alexander Hayes

Joshua Hayes
Jillian Hearne
Olivia Hecht
Adaleyn Heilman
Madison Heinecke

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Jackson Hennessy
Parker Henschler
Mary Hentush
Andres Hernandez

Bonita Hernandez
Liliana Hernandez
Yoali Herrera
Kimberly Hestermann
Joseph Heuberger

Olivia Heuertz
Elissa Higazin
Jaime Higuet
Muna Hijaz
Yara Hijaz

Benjamin Hill
J'Riel Hill
Walker Hill
Shelby Hoehler
Kara Hoekema

Spencer Hoff
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Hailee Howe
Seneca Howell
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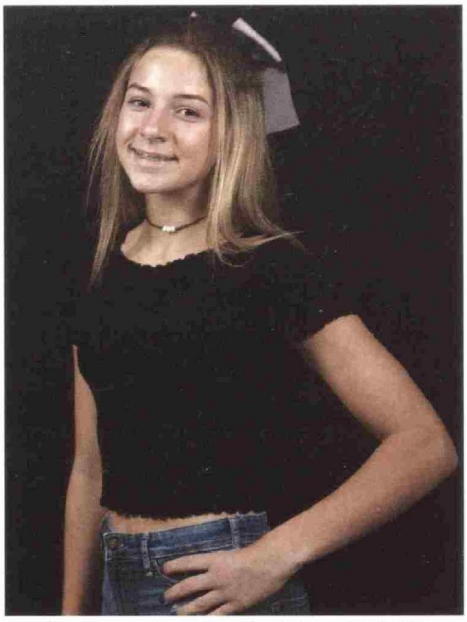


Dana White wears her gray bow with pride that says "Play for DW (Danny White)." White wears this to keep him close.

Never Take Life for Granted

On October 14, Dana White's 13-year-old brother was hospitalized after getting hit by a car while walking home from Clark Middle School. This traumatic incident affected her family, loved ones, friends and faculty and staff who flooded the scene to help rescue him.

"I found out when two of my neighbors ran up to me while I was in the driveway, they said 'Danny just got hit by a car while walking home' I didn't believe them at first, but then I saw the look of terror on their faces and my stomach dropped," White said.

Danny had multiple injuries due to the accident. He had a major concussion, broken elbow, broken tendons in his right ankle and four broken ribs on his right side. He was covered head to toe with road rash and had to get skin graft surgery.

"He was released from the hospital for about two weeks to let his wounds heal. During this time I helped him move around since he couldn't put any weight on his ankle. We also had more time to talk which helped make our bond closer. On Oct. 7 a bunch of people at Danny's school posted on Snapchat to wear white for him. People in my neighborhood also put up white bows on the trees for him as well," White said.

Dana visited her little brother every day for a week while he was in the hospital for extensive care.

"Every time I needed to cry or vent, my friends would always be there to listen and gave me space when I asked. My family talked together about how we're feeling and what we need to do to get through it as a family. Always appreciate everything you have and cherish it because everything can change in an instant," White said.

Dana White

MY FAVORITE PLACE IN THE BUILDING

poll out of 320 sophomores

120

WEDGE

"The wedge is usually where everyone is. It's just a middle meeting place where you can meet up inside the school."

Jessica Bader

92

LUNCHROOM

"It's where I go in the mornings and at lunch. I hang out with my friends in there because I don't normally see them during the day."

Liliana Hernandez

39

LIBRARY

"My favorite place is the library, because it's really quiet, and it has all the resources I need for every class."

Paige Solon

37

GYM

"I like the blue gym the most because the rims are the lowest there and you can play basketball there."

Jacob Zezovski

32

MAIN STREET

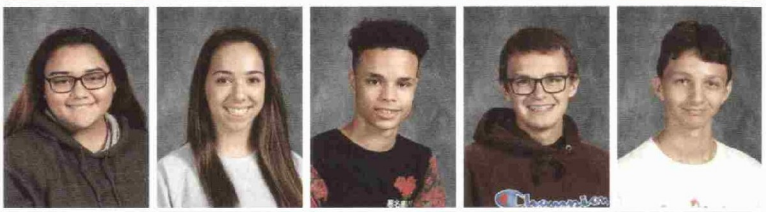
"I like main street because it's a place where me and my friends hang out and it's just a good centralized place where we can all meet up."

Hunter Serbenta

Jana Issa
Carson Jabaay
Brandon Jacinto
Jillian Jacobs
Ryan Jacobson

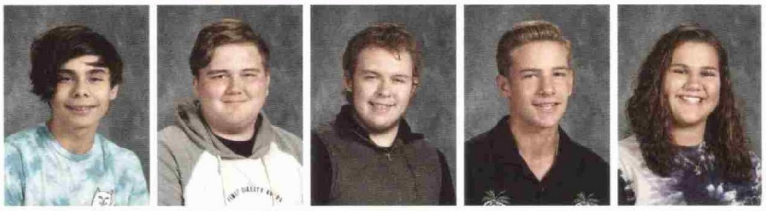
Rudolph Jaksich
Jasmine James
Abbie Janich
Joshua Janik
Charmie Janowski

Madison Jaranowski
Sofia Jasnic
Nathan Jeffries
Nathan Jendreas
Aleksandar Jerkovic



Aidan Johnson
E'Lon Johnson
Elijah Johnson
Essence Johnson
Zachary Johnson

Ethan Jones
Liam Joslin
Eric Juranovich
Nicholas Jurgeto
Grace Jurkovic



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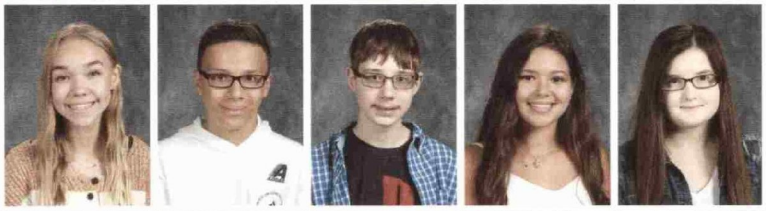
Jacob Kaiser
Daniel Kamplain
Makayla Karagan
Beata Karwaczka



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Nathaniel Klein

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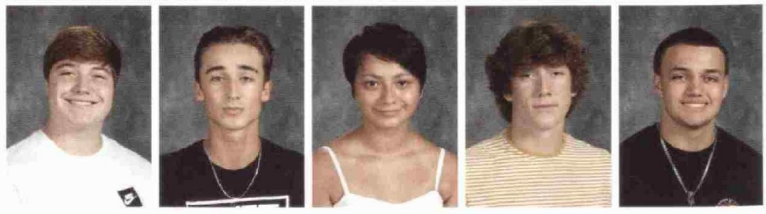

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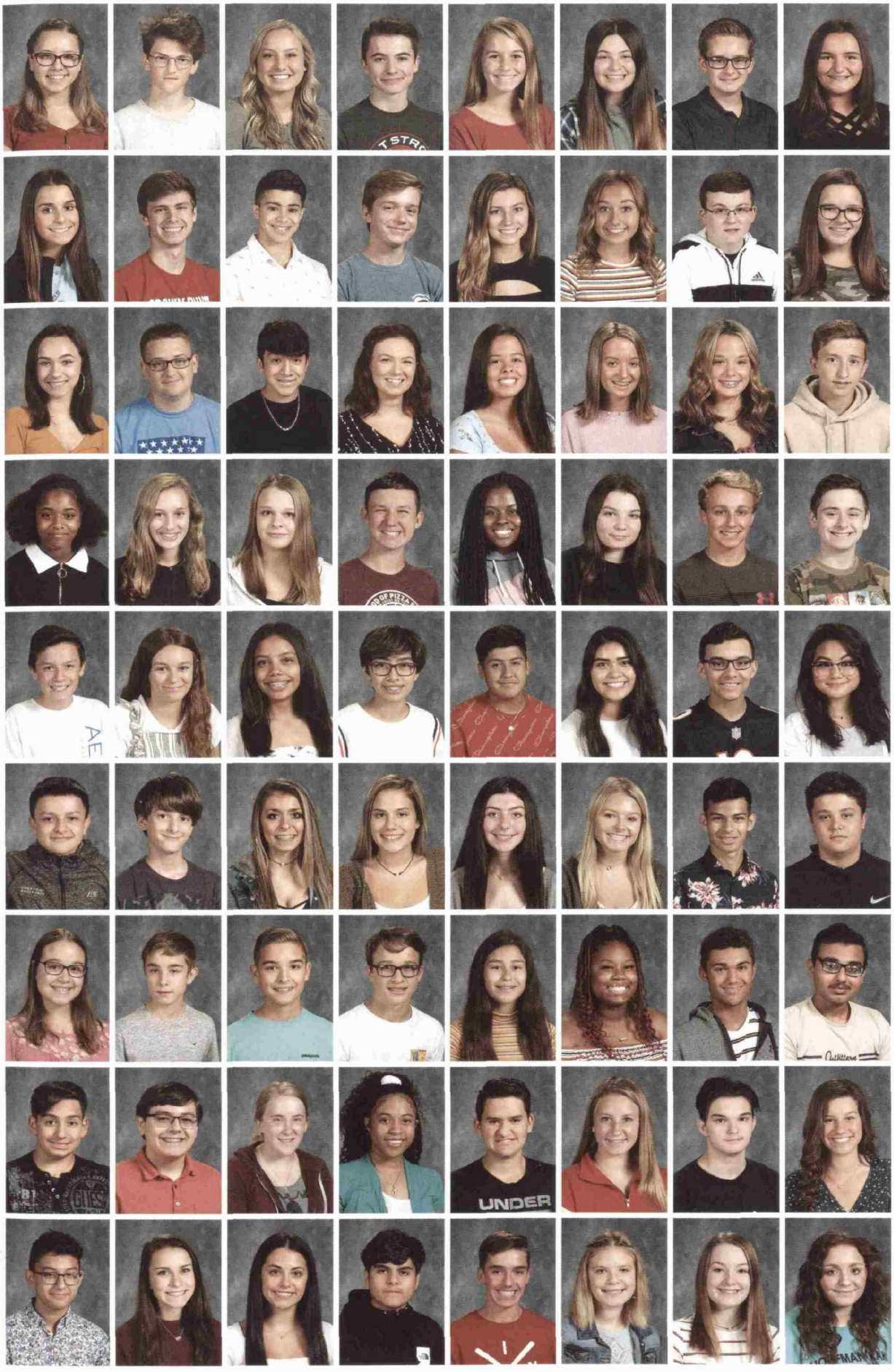

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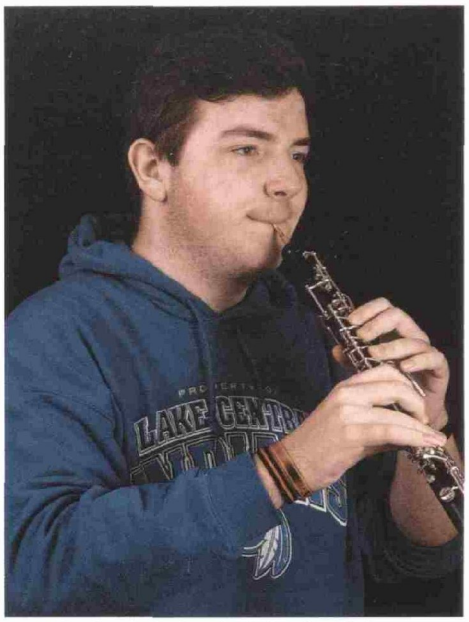

Adam White plays his oboe. White has been playing for five years, and continues to expand his abilities every day.

Structured Through Sound

Adam White has played music for as long as he can remember. The hobby that started as a casual interest soon blossomed into a lifelong passion, and White has mastered the tricks and techniques behind the scenes.

"I took lessons for about two years in fourth through fifth grade, but then stopped in sixth grade so I could keep my track in band. Now I look at it as more of an art because I appreciate everything that's in the music and the theory behind it to make it sound the way it does," White said.

White has taken his musical abilities and made them his own by building on previous skills to create his own pieces. He decided to branch out into composing liturgical music as both a hobby and as an aid to his church.

"I noticed there was a gap in the type of music I wanted to play and write. Because I'm so picky, I haven't gotten anything completely done yet, but I work on stuff like that every day," White said.

White's musical abilities aren't limited to piano and organ, however. His musical portfolio spans many instruments and shows his musical diversity.

"I play piano, organ, oboe, percussion, hand bells, hand chimes and a lot of woodwind instruments. My main instrument is oboe, but I do a little with flute," White said.

For White, music has held a large significance in the way he structures his life. He has shared his passion with family and friends, and is always finding ways to put his talent to use.

"I guarantee that everyone in my family knows about my musical passion. A lot of my friends know about it, too. In general, [they] support it and they like to know that I'm doing something positive," White said.

Adam White

WHAT'S YOUR FAVORITE CLASS

Joanna Lomeli "Intro to Business is my favorite class because my teacher makes sure we enjoy our time while learning the concept. He never lets you go easy and makes sure you're doing your best as a student. He makes me look forward to school because he is very welcoming in class and his class deals with what i want to do in the future."

Carly Davis "My favorite class is Lifeguarding. I like this class because you don't have to do a lot unless it's your day to guard. Also, it is really laid back so you can do your homework."

Madelyn Sternfeldt "Honors Chemistry because it's interesting and makes me work harder. You can apply it it a lot of things in life and you can start to notice it a lot in daily things."

Jillian Hearne "My favorite class this year is AP psychology. Even outside of the classroom, I can take the terms we use and apply them to everyday life."

Jaelynn Austin "Ap Psychology because it's very interesting and relatable. I feel like the information can actually be utilized in everyday life, unlike some other classes. I have Mrs. Zentz and shae makes the class very fun, she teaches thoroughly."

Madalyn Doreski "My favorite class this year is Ceramics. It's so exciting because you get the freedom to create whatever you want to. Also you get to talk with your friends and discuss and solve problems that you have."

Zachary Johnson "My favorite class is Digital Apps and responsibilities because it teaches a lot about the use of the Microsoft software programs. It's a useful class because you get the general idea of many programs that are big in office jobs today."

Dana White "My favorite class is Human Genetics because it's a smaller class and we're all close and comfortable with each other. Presenting and speaking in front of the class is easier."

Abigail Barrett "My favorite class is Cooking because I really like my teacher and a lot of my friends are in that class, so cooking with them is a blast."

Krista Kulacz "My favorite class is English because it is the class with all of my friends in it. My teacher is cool and gives us answers to things. It is pretty easy and we do the same thing every day."

Vincent Pieters
Kylie Pietranczyk
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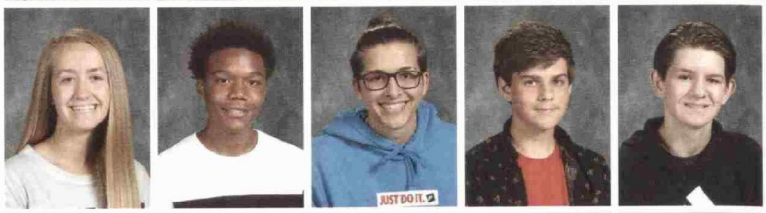
Collin Pinskey
Connor Pinskey

Jaclyn Piper
Carl Pittman
Luke Plessinger
Sean Pletz
Aiden Plonka



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Teigen Pollack
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Rocco Popovich
Allison Potpora

Gianna Poulos
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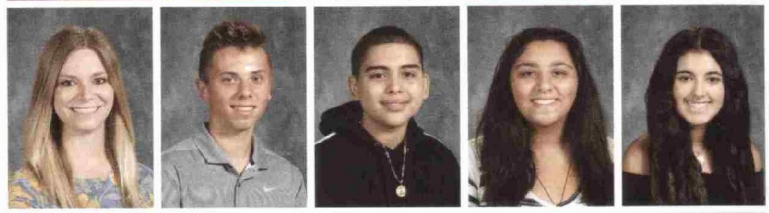

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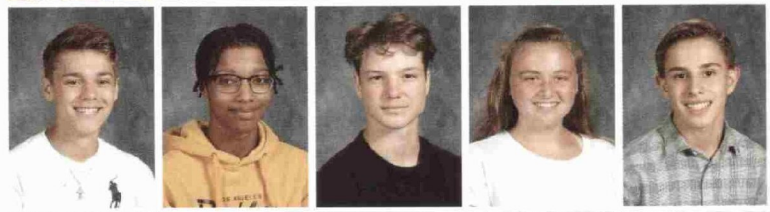
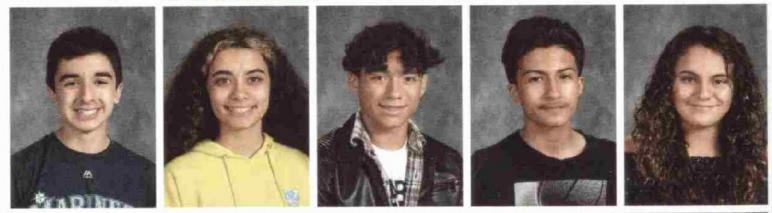
Madison Ralston
Zachary Ramacci



Emilio Ramirez
Izabella Ramirez
Avery Ramos
Isaac Ramos
Stephanie Ramos



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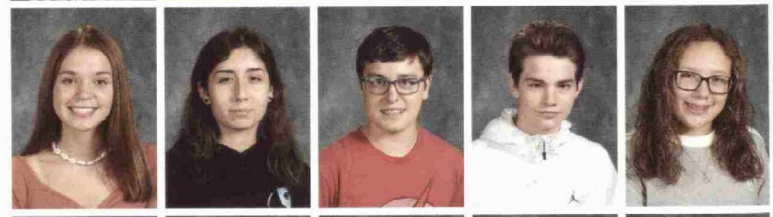
Celeste Recio



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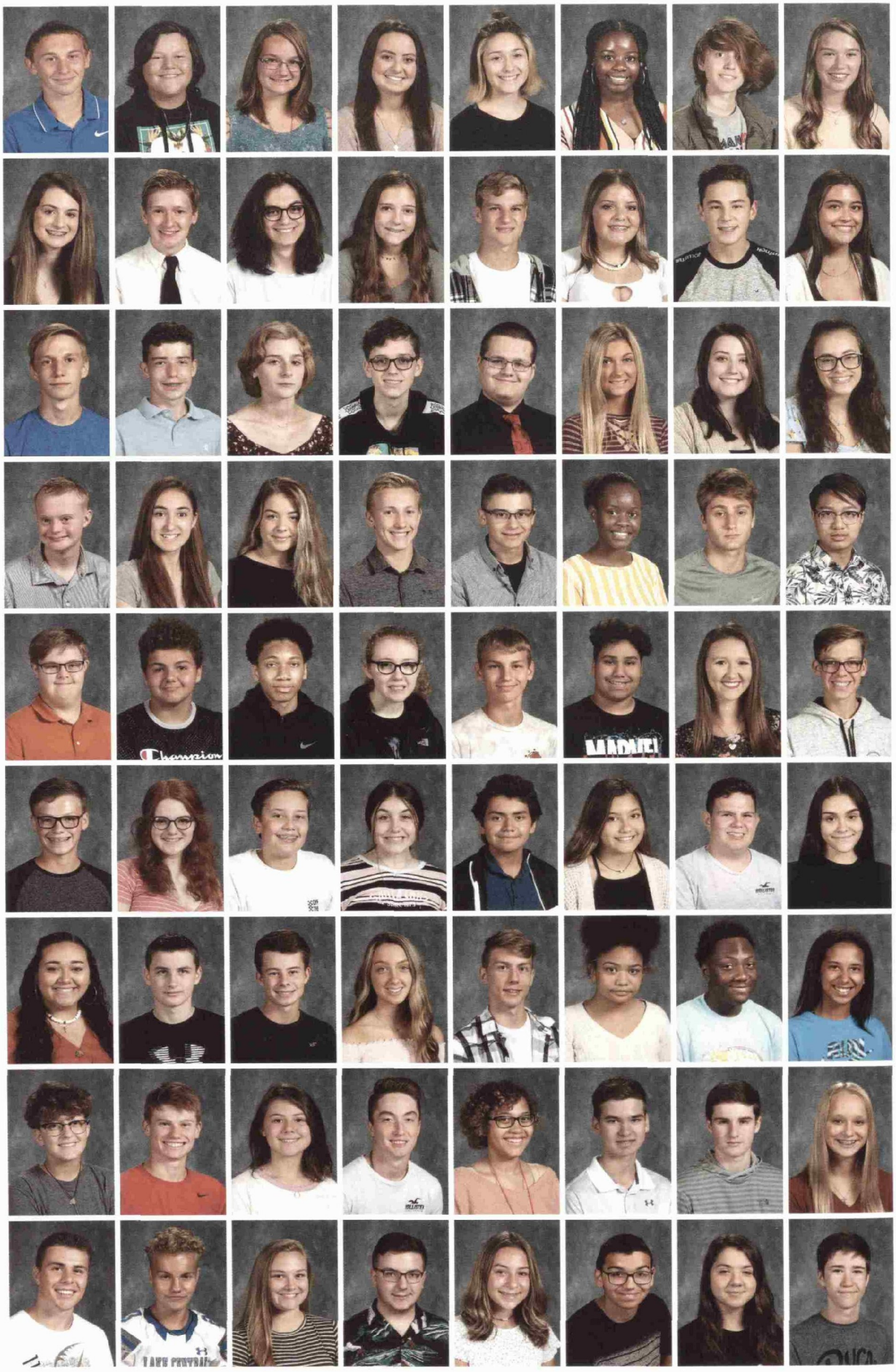

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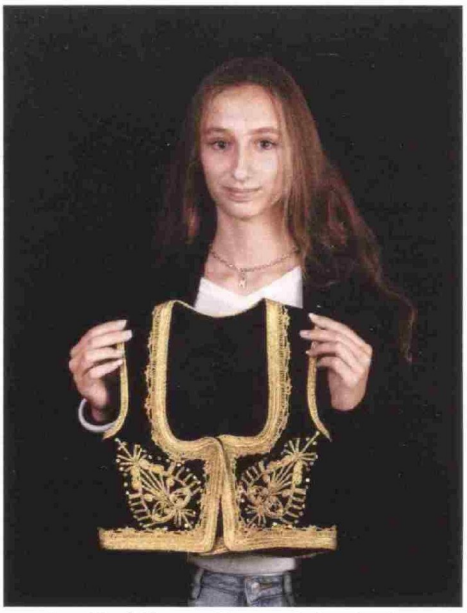


Sanja Aleksic holds up part of her costume for her Serbian dance group.

Keeping Tradition Alive

Sanja Aleksic has been dancing since she was seven years old. Aleksic's mom passed the tradition of Serbian folklore dancing down to her and her siblings, it is a tradition passed down from generation to generation. It keeps her Serbian heritage alive by playing a big role with her family.

"I started back in second grade. I'm definitely happy when I dance. It's like a rush of happiness that I'm passing this down. My little sister decided to join because of me and so did my brother. I'm really happy about that," Aleksic said.

Serbian folklore dance is not just something that takes place in a certain area, it is spread out all over the United States, Canada, Serbia and other places. Traveling to perform is a very common part of Serbian dancing. In most cases, meeting new people is more fun than the actual dances that they learn and perform, Aleksic stated.

"I went to Serbia last summer, and I joined one of their folklore groups and met a lot of people through that. When we went to Arizona, I had a lot of fun. I met a lot of people and I started a lot of new dances," Aleksic said.

Aleksic said that standing up in front of a crowd of people with the spotlights hitting her can be intimidating. There is a lot of pressure that falls upon these dancers as well as many different emotions.

"When I get on stage, I'm scared to death. I'm nervous and I'm scared I'm going to mess up but no matter what happens, it's really fun and everyone is really supportive," Aleksic said.

Sanja Aleksic

DOWN TO EARTH

The next generation focuses on the future of their world. Students have concerns about the state of the environment if the current conditions do not change.

"PEOPLE LIKE TO IGNORE THE FACT THAT [THE ENVIRONMENT] NEEDS HELP. IF THEY DO SEE THAT IT NEEDS HELP, THEY THINK THAT IT'S NOT THEIR PROBLEM.

Ingrid Owczarzak (10)

Page By: Mackenzie Guthrie, Jade Mehok, Jonareene Rivera, Brenna Sealy and Alayna Wilkening

STAYING GREEN NICHOLAS KRSKA (10) EXAMINES THE PLANTS IN HIS BASEMENT GARDEN. PHOTO BY: MAISIE WESTERFIELD

Spreading the Word

"I think people just don't care enough to take the proper precautions to make sure that our environment is clean. I'm the Vice President of the Environmental Club. We have a bunch of meetings to give people better ways to help out the planet. I recycle, I always pick up garbage I see on the side of the road. For others, I'd say to just be smarter with resource use, because a lot of people overuse a lot of things, so if you just use it better, then it'll last longer. For bigger companies and businesses, again, they should just use their resources better and make sure that they're not polluting as much and that they're following all the regulations too."

Hayley Matlon (12)

Reusing Creatively

"I think [recycling and reusing] is really important because when you aren't recycling, you're adding on a lot of waste, killing animals and just ruining the place you live. It's a lot easier to recycle and to reuse and it can actually open up a thing for creativity. I use tupperware, I use water bottles. I try to avoid wasting when I can. I don't think I've experienced direct effects, but I know a lot of other people do and I want to do my part so they don't have to. I try to encourage my friends and family to reuse, reduce [and] be creative with how they reuse things. Reuse baggies, clean and things like that. I've used old trash and reused things for art projects. We're doing so much negative [things] toward the environment that it's been building up and it's been getting worse and the more that we do, the harsher and quicker it's affecting the world."

Faith Kosinski (9)

Chaotic Climate Change

"There's issues like climate change in the world because of human error; it's human stupidity. Humans use up resources for their own gain and personal profit, and they don't even put it back. If humans didn't touch these types of resources, then maybe earth would live on for much longer than it is now. These issues affect me and other people in the Region in different ways, like the temperature constantly changing and getting much worse. In the spectrum of the world, it's complete chaos because natural disasters, such as hurricanes, are getting worse. One small change everyone can do is to cut down on all energy uses. That is the leading role of climate change because everyone needs energy to power things. I take a part in trying to change these issues by literally growing plants. I really enjoy farming and growing plants and basically my entire house is a garden."

Nicholas Krska (10)

Mindful Material Use

"I feel like the environment's health is declining due to the human population. I feel that climate change is inevitable, considering the earth's history, but we are speeding up the process. The amount of disposable products that are used in the world could certainly be reduced to bring down the amount of pollution in the oceans. People should be mindful of what they are buying or using, and where the materials come from. They should also reduce, reuse, recycle and also conserve energy. I personally always recycle what should be recycled and reuse things. I also try to educate people about the effects that we have on the environment and how they can help."

Erika Kazmierski (10)

Considering the Consequences

"In AP Environmental Science, I've learned a lot about how mankind has affected the natural world. I've been taught about the natural processes that take place and the way other organisms adapt and change. We've also been taught about ways to destroy or benefit the environment with their practices. This class does a fantastic job of helping students understand how information could be applied to the real world. In the facet of climate change, we are taught about how human activity has caused immense changes in the environment for many years, whether it comes to selectively breeding organisms or terraforming the planet to change in their favor. This class has swayed my opinions quite a bit since August, as I now know the consequences of our living practices. I hope in the future that as a species, we can move forward with sustainable practices, not just for the good of our species, but for the good of all life as we know it."

Ayan Mohammed (11)

WHEN YO

Meant to Be

"I was born into a family full of Muslims, so I kind of adapted my religion from them. We are monotheistic, so we believe in one God, and he had profits, like 99, and there was one messenger, and that is the last of the 99. It's pretty important to get the prayers right. We go to church on Fridays instead of Sundays. Friday is our holy day. We have to pray five times a day, and you can't eat pork or ham. My favorite part is going to church and seeing all my cousins, because I don't get to see them often. Sometimes when I'm down, I think it's meant to happen, like it was meant to be that way. I think on social media people stereotype Muslims to be bad, but that's a small percentage. I don't believe we are all that way."

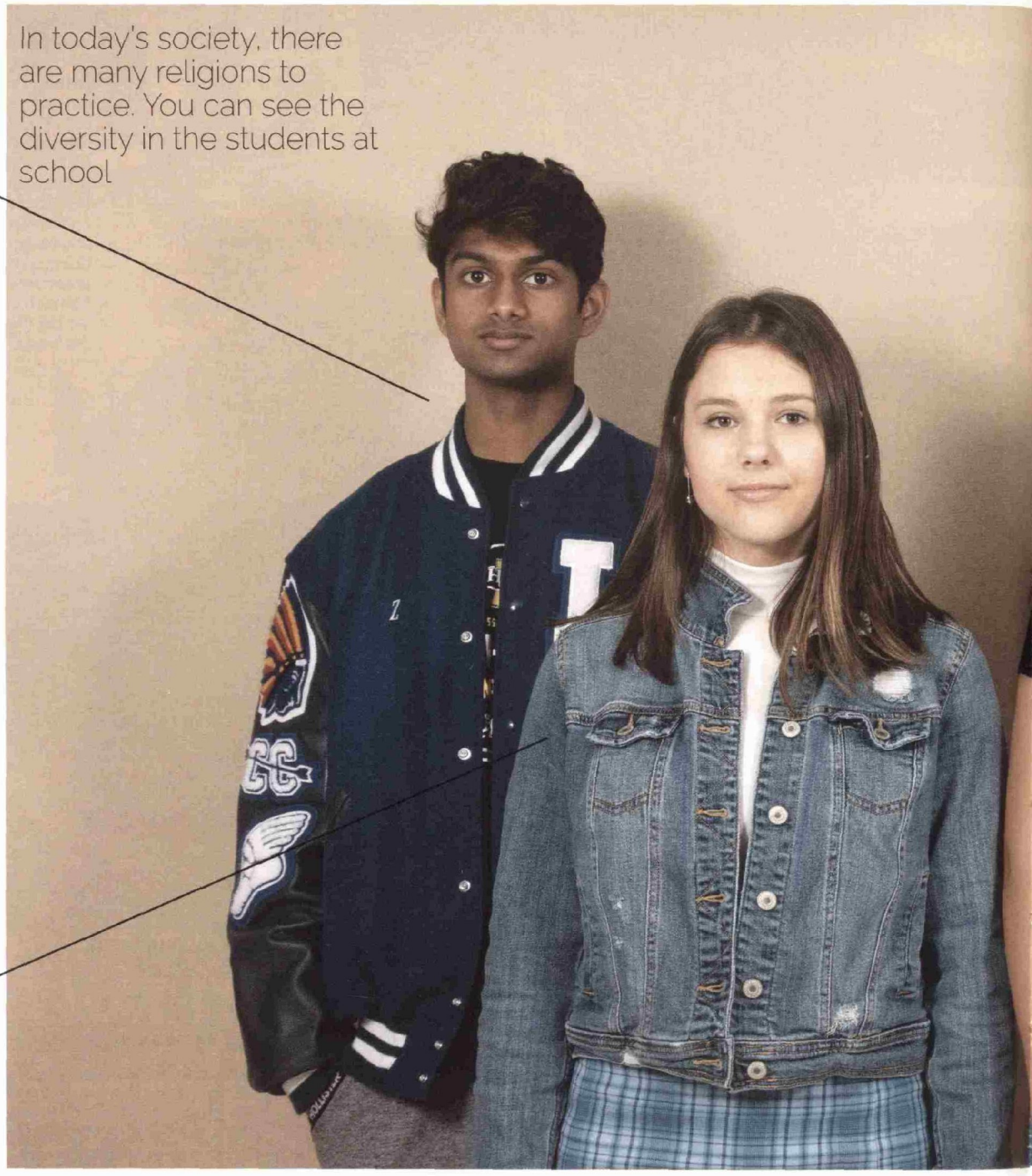
Zakaria Mohiuddin (11)

Christian by Choice

"I am a Christian, and I've been a Christian my whole life because my parents are Christian, but it's a choice I make. It's not something I'm forced into. I've been going to church since I was a baby, and I think I chose to be a Christian in, sixth grade. [The main message is] to love everyone like God loved everyone, so you should love everyone for who they are. I just know that I'm put in situations for a reason, and so that's how I get through my hard times. I'm like 'God put me in this place for a purpose,' and even if it's something that's bad, or it stresses me out, I just think about that."

Cassandra Morgan (11)

In today's society, there are many religions to practice. You can see the diversity in the students at school



Helping Hand

"Some traditions are praying five times a day and fasting for Ramadan. My favorite part of my religion is helping others. Some of my beliefs are believing in one God, and Jesus is a prophet and Muhamad is the messenger."

Danya Abdelsalam (11)

Many Forms

"I am Orthodox Christian. It's a form of Christianity, because we follow different calendars of different types of things for hoildays. I don't go to church as often as I should. I pray sometimes but not too often, like those who are serious."

Yianna Kouros (12)

Living Life

"I'm an atheist. Religion was never strong in my household. I personally don't believe that there's this huge afterlife. There might be some reincarnation, but you pretty much have one life that you live, and then you die."

Kailee Pearson (11)

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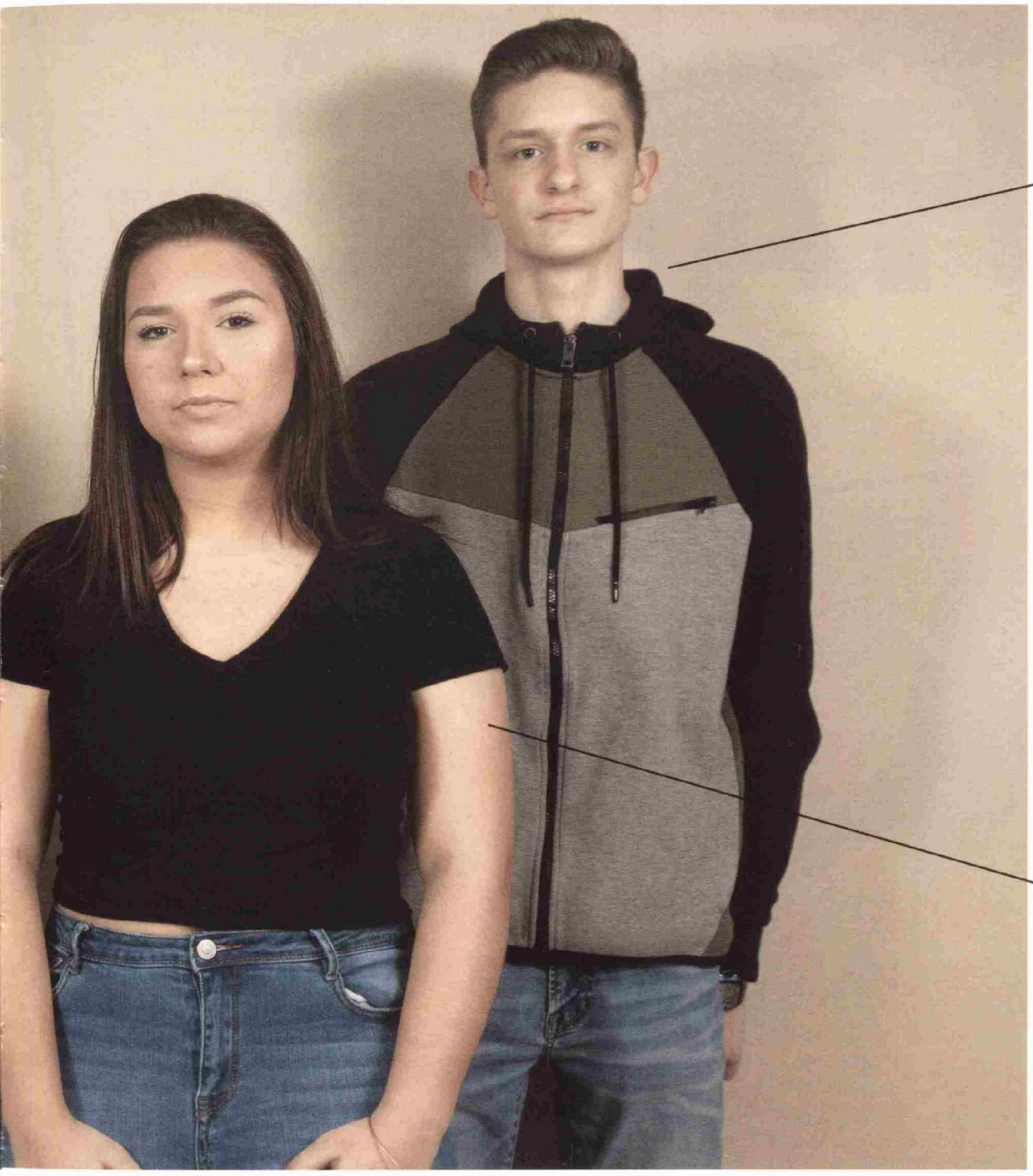
U BELIEVE



Life's Purpose

"I am one of Jehovah's Witnesses, which is Christian. There are some other traditions that we don't participate in that other Christians would, like Christmas, Halloween. We really don't have our own traditions. My favorite part of my religion is to have a purpose in life. It gives me something to live for and that's the greatest thing you can have. Some of my beliefs are that God is real, that he has a personal name and his name is Jehovah, and he wants to have a relationship with us. In order to do that he sent his son Jesus Christ and he down to earth which is ransome and sacrifice for all mankind that can have a relationship with him."

Luke D'Angelo (10)

Expressing Yourself

"Some traditions we do are go to church every Sunday and every Wednesday. We also pray before we eat. If someone is in need we always pray for them as well. My favorite part is being able to spread it around and just really getting others to join into the religion and understanding the love God has for you. I believe God died on the cross for our sins, and he just made the world, he does everything for us. Spiritual is when you believe in one thing, but you are not exactly sure what you believe in, and religion is when you are really set on what you believe in and why you believe it. The best part of going to church is worship, because you really get to spend one-on-one time with God and just express yourself."

Brianna Batinic (10)

From Birth

"I'm Christian. I go to church every Sunday. I was brought up to be Catholic before I can even remember my parents were taking me to church. My favorite is to interact with Youth groups you could go to, and we just get connected to people."

Jenifer Tulsiak (11)

Tough Times

"I'm a Christian. I was born and raised into [it]. I pray to God when I am going through tough times, and I know God will be with every one at all times. My favorite part of my religion is that I know that there is something after this real life."

Branden Terry (12)

Believe In

"My favorite part of my religion is conversing with God. Some of my beliefs are God, Jesus, the Holy Spirit and the apostolic church. Being religious is having someone to believe in and being spiritual is having something to believe in."

Amanda Aardema (10)

BE THE CHANGE

Members of the school share their views on movements and acts of change throughout the nation.

My Choice

"I'm pro choice because I believe that a woman can do whatever she wants with her body because it's hers. If she cannot afford to have a child, isn't fit to take care of a child or simply just doesn't want a child, she should get the option to terminate that pregnancy. The products of conception are literally just a ball of cells when most abortions are performed (around 12 weeks), so I personally don't consider it a human life. There's no point in having a kid if you can't take care of it, and putting it in the adoption system could lead that child to have an even worse life if it was in the care of its unfit mother. Abortion should be legal everywhere in the United States because making it illegal won't stop it from happening. It'll only lead to unsafe abortions. I definitely find myself engaging in discussions about abortion often."

Carly Forsman (11)

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Empowerment

"I think illegal immigration should be illegal but to an extent. Now we are charging $50 for asylum-seekers to get into the country. We are only one of the four countries who do that. I think the president should make it easier for immigrants to come into the country so they don't have to come in illegally. I definitely do think the wall is too extreme for a border because for the most part it's just people seeking asylum. Two summers ago, I went to the protest against the Border in downtown Chicago. It was really empowering to see that many people for that one cause. It just goes to show that people really cared about this issue."

Emily Swanson (10)

Safer System

"I believe that the U.S. has a gun problem. The amount of school shootings that we have had in the past just goes to show that this statement is true. If they try to make stricter gun laws and contain what kind of people are able to have guns, maybe this would be less of a problem in our society. If you have possession of a gun you can easily just find more ammunition whether it be from someone else etcetera. I feel like they should have a better system of what kind of people should be allowed to have guns. Mental illness does play into gun violence."

Sarimarie Pama (11)

Value in Life

"I am pro life because I believe every life matters and every life deserves to be lived to its fullest no matter how he or she has been conceived. Every life is valuable no matter what. Somebody could be conceived and what if that person could have cured cancer or done something amazing? Just because you hear a heartbeat doesn't mean life is not being created. Your body is creating a heart to create that heartbeat. A child is a child no matter what state it is in. I don't believe in abortions at all. I think that they are destroying a life that does not have a decision to be able to choose if he or she wants to live."

Victoria Pieters (12)

A Happy Life

"Everyone deserves the right to live their truth and fulfill the happiest existence possible. Of course I believe in separation of church and state, and the fact that one can be denied the right to parenthood due to sexual orientation is 100 percent a malicious attack on an already marginalized group of people. Obviously, if the gay person is not fit to have a child, they should be turned down, but a couple fit to take care of a child is a couple fit to take care of a child. As I said earlier, everyone has the right to the happiest life available for them. If marriage is that next step towards a life of happiness, no one should be denied that right."

Castin York (11)

Keep Fighting

"Feminism to me is when there are women who are still being treated unequally and that there are still problems women face. We have been fighting for years and that is something women use to empower and support each other to get where we need to be. I do think that there is an imbalance in gender equality because there are still rights women are fighting for today, like bodily autonomy, which is a controversial issue making women less able to make choices for themselves while men can basically do whatever they want. I think that if feminism continued, I would be a lot more protected by the government and society in the choices I make and women's lives will be better."

Jocelyn Adams (11)

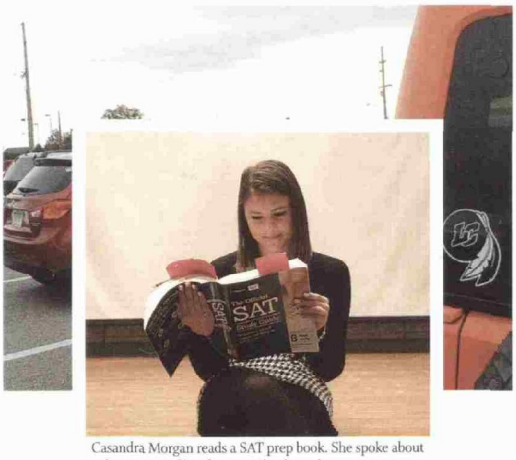
Equal for All

"Feminism does not mean that women should be put above men, or women are better than men. Feminism means that I can stand up and speak up for myself and others. Feminism means I have a voice in the conversation and that voice is valid. Growing up I saw a lot of gender roles being enforced and expectations for my sister that did not apply to my brother. I was angry that she didn't claim what I saw as power. Now I realize that feminism is about choice."

Ms. Allison Peda, English

"THE PROBLEM OF GUN CRIMES WILL NEVER BE SOLVED BY RESTRICTING AND OR TAKING AWAY GUNS."

Andrew Panczuk (12)



Casandra Morgan reads a SAT prep book. She spoke about the stresses of her future with where she wants to go to college.

STRESS
FACED BY JUNIORS

JUNIORS DISCUSS THE STRESSES AND RESPONSIBILITES THEY ARE EXPERIENCING THIS YEAR

Juniors believe this year is a time of abundant stress. This year, students have started to face more pressure than usual, whether it be standardized tests, driving or college.

"I have begun to stress about standardized testing and driving because these all have an impact on my future," Sophia Hoyda said.

At this time, families begin to question students' futures.

"My parents will not stop talking about [my future]. They keep asking me what scholarships I'm going to apply for. I don't know where I want to go to college, but I know I would like to be a nurse and specialize in NICU nursing. My cousin was a premature

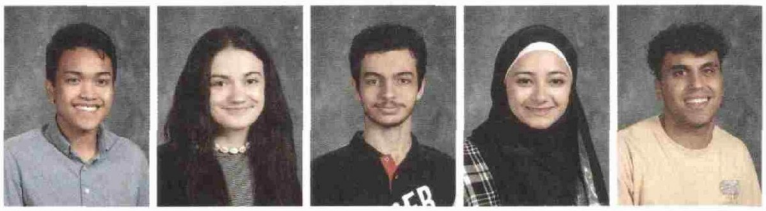
"My parents will not stop talking about [my future]," Mariana Bendinelli said.

baby. Two weeks after she was born she passed away. I have always wanted to help the families in that situation because it's hard," Mariana Bendinelli said.

Family and friends have a significant impact on students' futures. Some students have had their future planned out since an early age. Whether it be a passion or an interest, it is helping to prepare for their futures.

"My goal after high school is to go to college at IU Bloomington and get a business degree with an undergrad in child education, in the hopes of getting a job as an elementary teacher, once I get my teaching license,"Avery Parks said.

Gian Abangan
Krysten Abbasi
Matthew Abbassi
Danya Abdelsalam
Ahmad Abdulla



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Kalli Adams
Samuel Adams

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Sofia Agresta
Maja Aleksiejew
Alexia Allred
Aidan Alonso

Joshua Alvarez-Sanchez
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Taylor Anderson

Guilherme Andrade
Garrick Andrews
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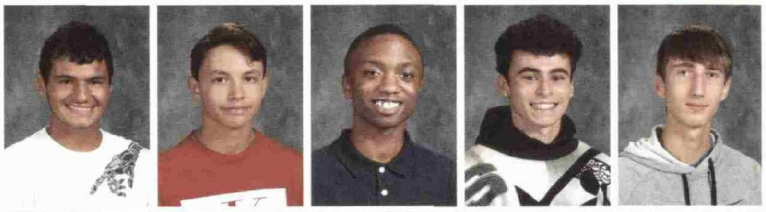

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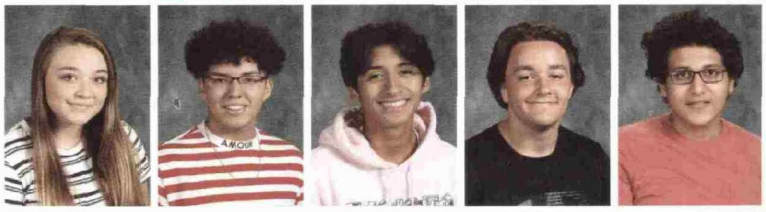

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Haley Baker
Paige Bakker
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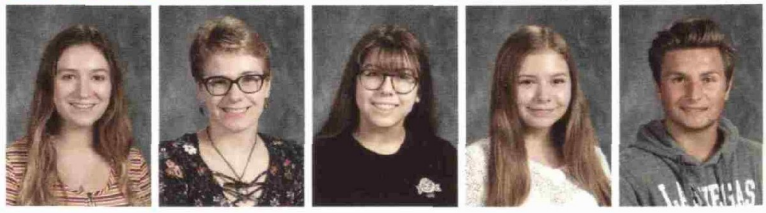
Brooklyn Baldin
Derek Baldin



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Aiden Dean
Joshua Del Risco

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Guadalupe Delgado
Makenna Delgado
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Sydney Delisle
Nicholas Delsangro
Jacob Delso
Jesenia Desiderio

Jazmin Diaz
Isabella Dibitetto
Audrey Difilippo
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Gianni Ditola
Abigail Dobricky
Carter Doorn
Caleb Dotson

Jason Doyle
Shayla Drosos
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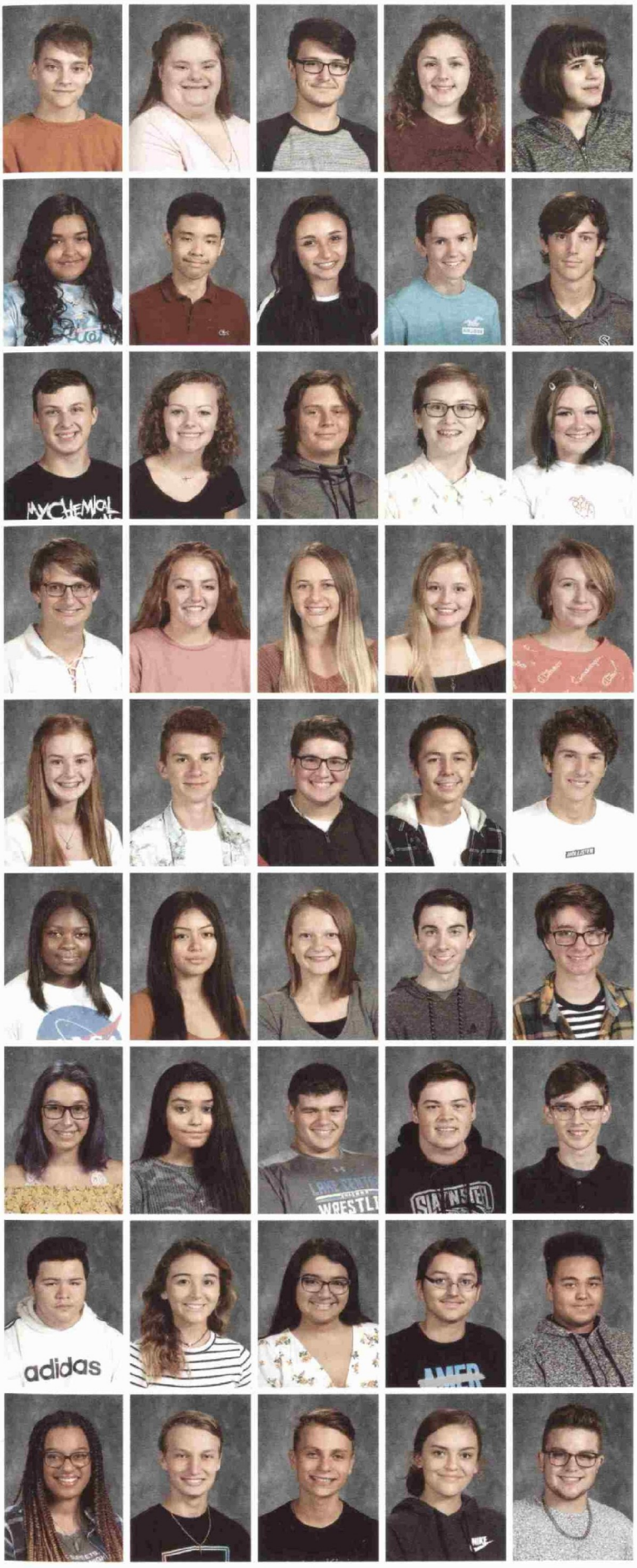

Genevieve Falcioni
Juliette Falcioni
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Brooke-Logan Garcia

Elizabeth Garcia
Julissa Garcia
Seth Garcia
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Kiely Garza
Olivia Garza
Milos Gasic
Mark Gaskin

Rayna Gayton
Ryan Geenen
Tyler Geenen
Natalie Gehrig
Grant Gescheidler

Castin York sports his marching band uniform. York has spent the summer marching around the country with his tuba.

Going Beyond Marching Band

Castin York spent his summer touring around the country with Colts Drum and Bugle Corps. York described it as an intense professional marching band. Although he received no pay for his hard work and hours put into playing the tuba, he was still able to have one of the best experiences of his life.

"You pay a lot of money, and you spend your entire summer sleeping on a bus and/or the gym floor with an air mattress or cot. It's very uncomfortable, but it's the best experience I have ever had," York said.

Despite the cramped sleeping conditions, York was able to overcome the difficulties and make the best of his situation. York also explained how tryouts to join the drum corps worked, and how he got accepted.

"There's a couple camps throughout the fall and early spring. The first one was in November in Iowa. You can either get a callback to come back and audition one more time, or a contract. I got contract right out of the gate," York said.

When York was accepted instantly to join the Colts Drum and Bugle Corps all of his emotions hit him at once. Due to only having two years experience in marching band, York had a lot of growing to do.

"It was a little scary, I know I had a lot of growing to do in a short amount of time, but I was going to make myself do it," York said.

Over the course of the summer, York was able to make friendships that will last a lifetime. He was also able to improve his skills of playing the tuba in an extremely short summer.

"I made the most improvement to my playing that I ever have, just because you're rehearsing for 14 hours a day, playing for six of them. I could play longer, louder and better," York said.

Castin York

WHAT WILL YOUR BIGGEST FOCUS BE THIS YEAR?

Zakaria Mohiuddin "My biggest focus for the school year is to make it to state in cross country. Another big focus for this year is to get good grades."

Edward Rosenwinkel "Getting good grades so I can get into college. Also doing well on my test scores like ACT and SAT. Succeeding in classes I'm struggling in is also one of my big focuses."

Makenna Cooper "My focus this year is to go to more sporting events and to show more school spirit. Another focus is to go to more school dances and be more involved with Lake Central."

Rebecca Villarreal "My biggest focus for this year is trying to get enough credits to graduate. Even though I have enough, I would like to get more."

Kailee Pearson "My main focus for this year is going to be focusing more on my art career. I've always been very creative and I'm just trying to figure that out a little more. I've always been on and off selling stuff and creating and I just really want to make that my main focus for the year."

Jake Adamczewski "My main focusses for this school year are to focus on my grades and try [to] make the Varsity baseball team."

Elizabeth Garcia "My biggest focus for this year is to try to control my focus and get better grades. I have a hard time focusing on my homework and class in school, so I want to try and stay focused."

Jordan Duggan "My biggest focus for this year is school in general because, academically, this is the most important year. I want to be able to get into the colleges that I want to be a part of."

McKenzie Schilling "My biggest focus for this school year is getting good grades so that I can get into a good college as well as working hard to be the best athlete I can possibly be."

Juliann Rymarczyk "My biggest focus for this year is to get more sleep and to put more effort into trying to get my homework done."

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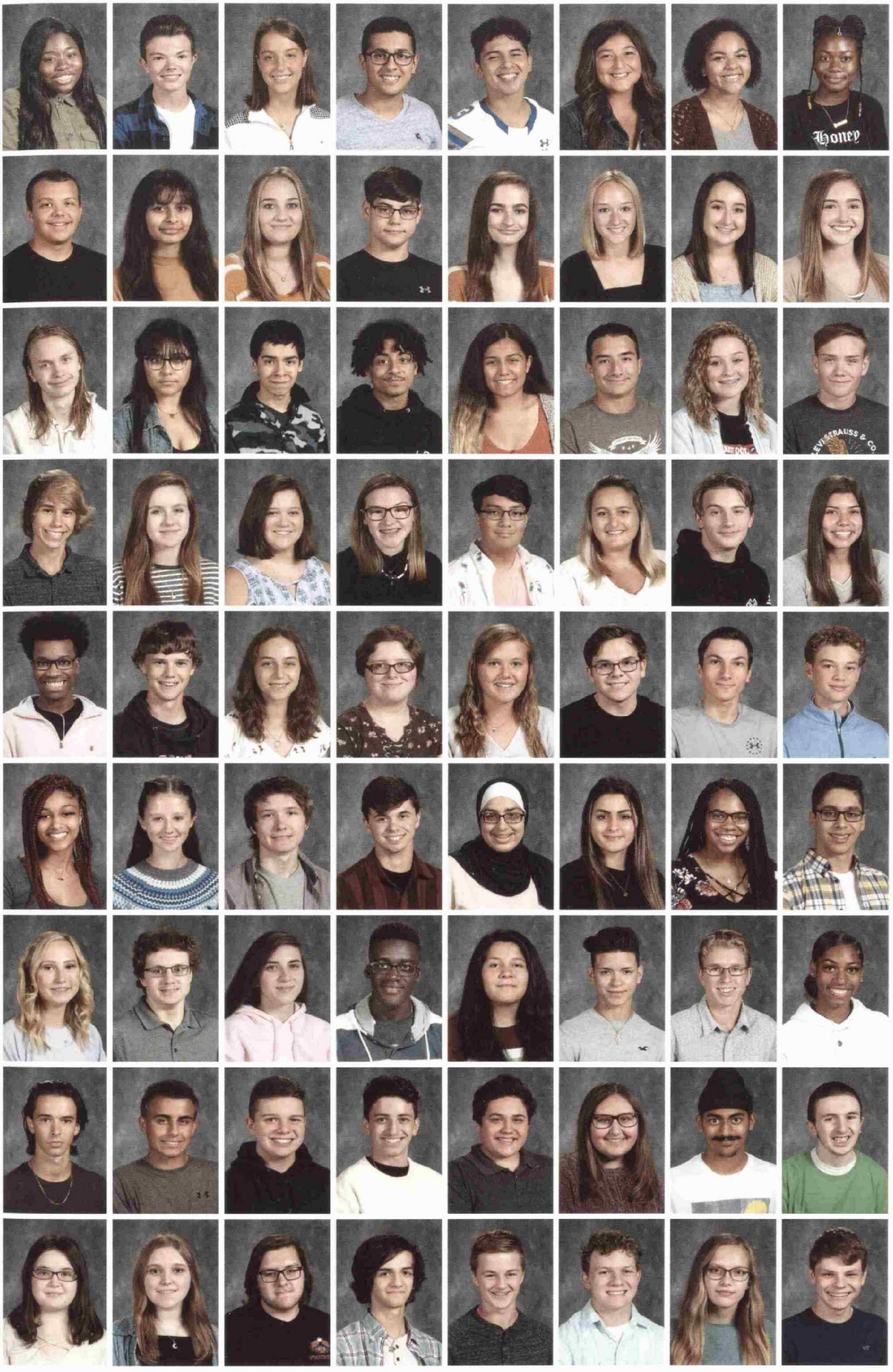

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Luke Hamilton
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Kerollos Hanna
Joseph Hanna-Venegas
Liliana Haro
Torie Harper
Reeana Harris

Jacob Hartley
Huda Hasan
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Nicholas Hayes
Stephanie Haynes
Allison Helfers
Alexandria Henderson
Tiffany Henry

Luke Hermanek
Mariah Hernandez
Moses Hernandez
Noah Hernandez
Azucena Herrera
Jack Hickey
Alexis Hill
Gage Hills

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Latreasure Johnson

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Prabhjit Kandola
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Katelyn Kazakevicius
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Declan Lain
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Casey Lane

Jordan Laplace
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Claire Lavoie
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Isabella Lee
Alexia Liapis
Claire Lindborg
Cameron Little

Julianna Llanos
Nathaniel Logan
Viviana Lomeli
Samuel Long
Kayla Longfield
Jackson Lopez
Lilah Lopez
Daniel Luce

Brooke Ludke
Lydia Macis
Reece Mack
Isaac Magallanes
Kimberly Magallanes
Ashlyn Magdziak
Reyna Mahan
Braeden Mahoney

Katharine Mahoney
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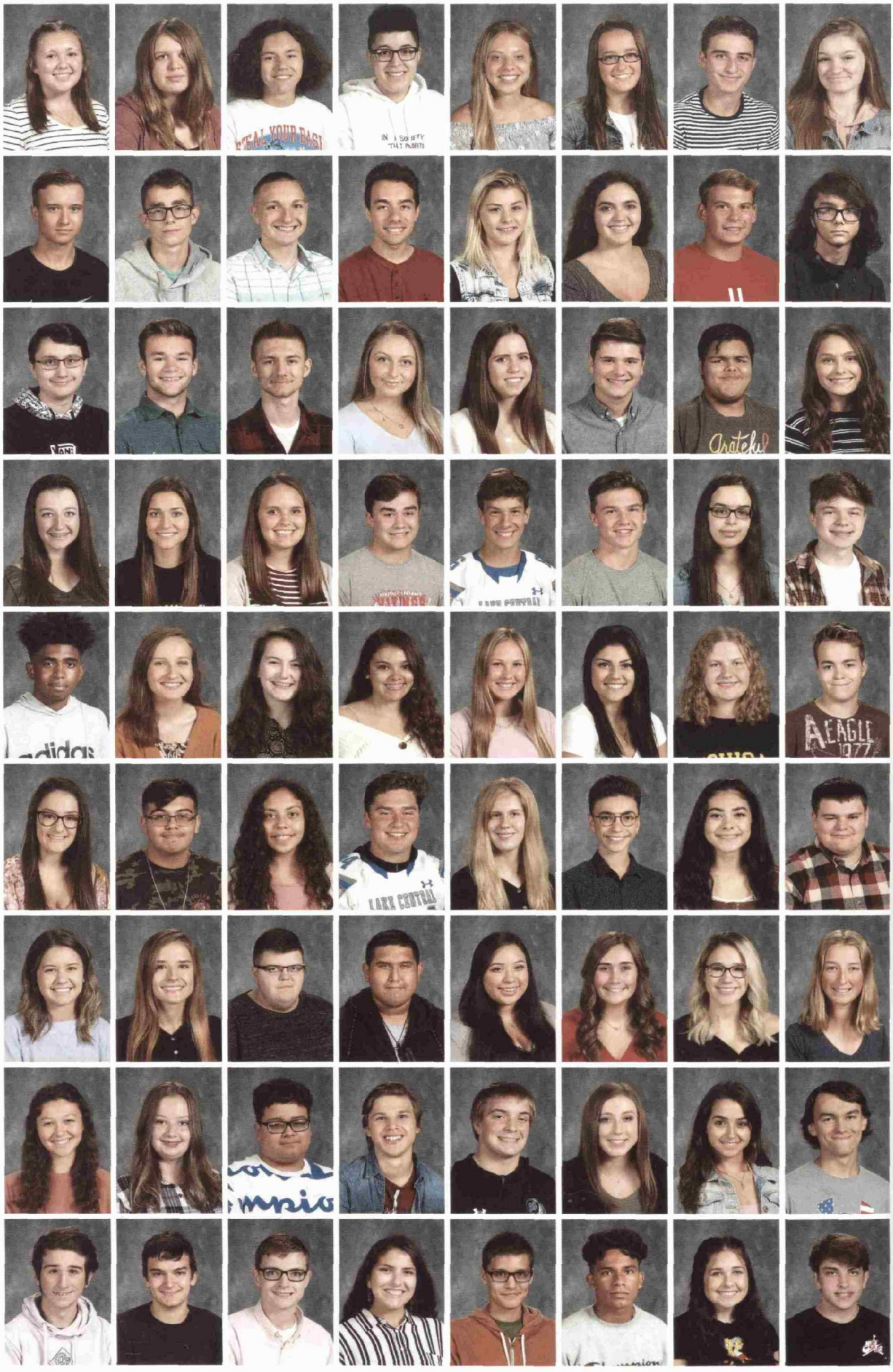

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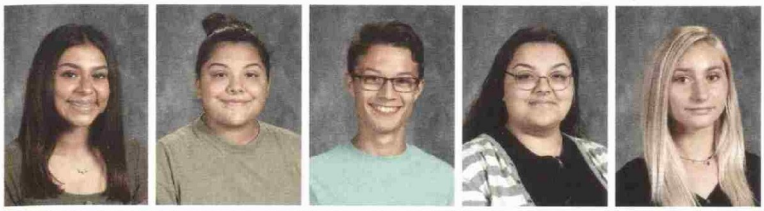

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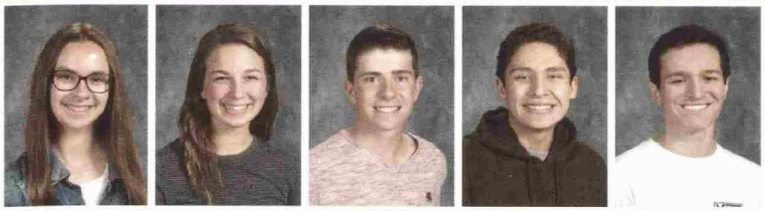
Zea Martinez
Abigail Martisek



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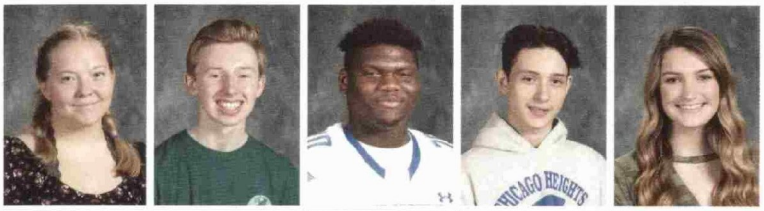

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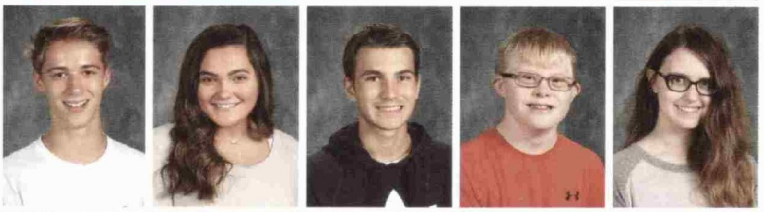

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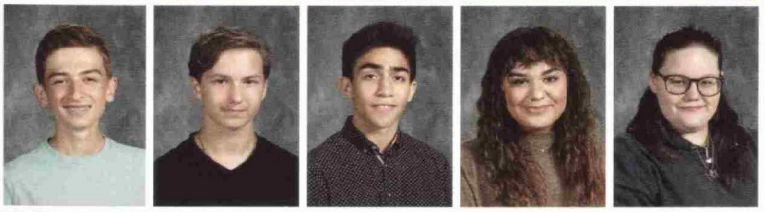

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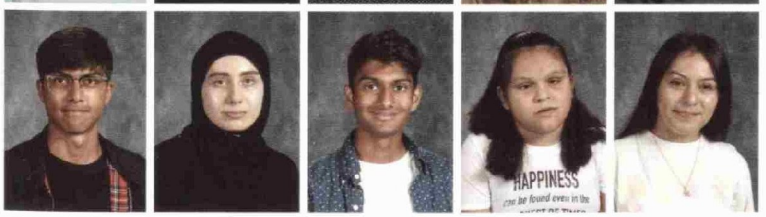

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Zakaria Mohiuddin
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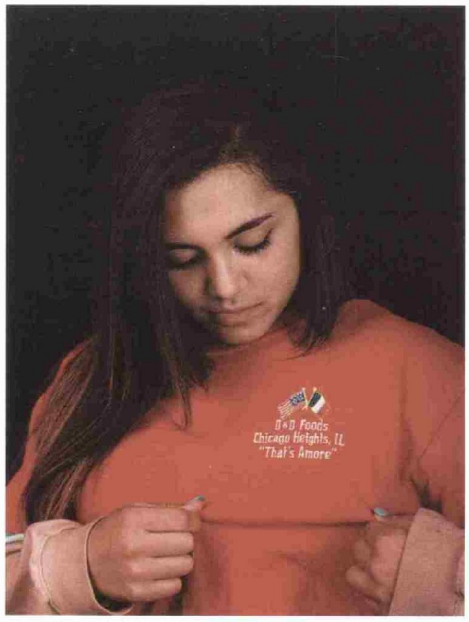


Alana Taylor looks down at the shirt she wears to work. The shirt reads, D&D Foods, Chicago Heights, Illinois and "That's Amore".

From Generation to Generation

Alana Taylor has grown up around her family-owned Italian deli and grocery store: D&D Foods. The store was established in 1942 by Taylor's great grandparents. The store is now owned by her grandma and uncle. The establishment has been passed down through the generations.

"It was owned by my great grandma and grandpa and they started it 77 years ago," Taylor said.

The store is located in Chicago Heights. A lot of Taylor's family shop there because of its positive reviews. It has a lot of support from the community.

"A lot of family come and some family friends, but not really friends that I have. They shop because I own it and how positive store reviews are." Taylor said.

Since the deli is Italian owned, it offers a variety of cultural foods that draws many customers to the store. The addition of these cultural foods makes the store especially uniqe.

"We are mostly known for sausage. we also make sandwiches, sell lunch meats and cheeses," Taylor said.

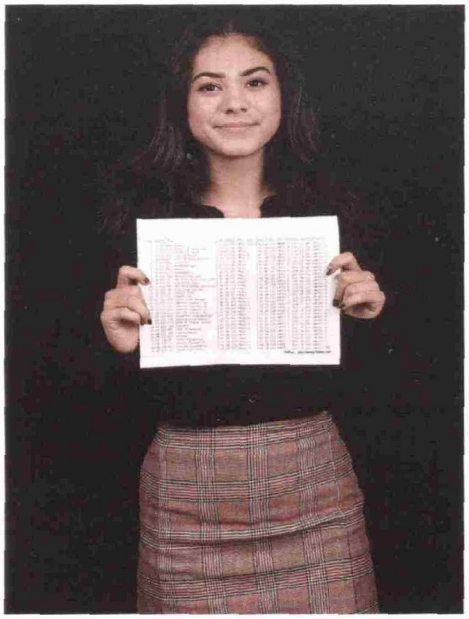
The store has had a strong influence on Taylor since she was little. When it came time for her to be able to start working, the deli was a perfect opportunity.

"I do work there now, I've been working there since I was in fifth grade," Taylor said.

As times change, customers' demands change as well. Taylor and her family find it hard to keep up with this.

"Some of the hardships we have is keeping the store up to date." Taylor said.

Alana Taylor



Lilah Lopez stands with a sheet of common codes. Lopez began coding her sophomore year.

Talking Technical

Lilah Lopez speaks a language that most people may never hear. C++, the general language for computer programming, has become a huge part of Lopez's life ever since she took Computer Science I with Mrs. Rita Chavez, Business.

"I didn't start coding until I took Mrs. Chavez's class my sophomore year. That was definitely the most important class I think I've taken. I remember the first day of class Mrs. Chavez told us that C++ will probably be the most important language you can learn just because it covers a lot," Lopez said.

Lopez took coding to a different level by creating a summer camp with the purpose of introducing younger girls to the world of coding.

"I planned a coding camp with two other people to teach middle school girls Python, which is a pretty simple language, and it definitely is a way to get girls into coding. The camp definitely inspired me and helped me understand coding a lot more; and it made it fun," Lopez said.

Lopez advises girls who are interested in coding to not let fear hold them back in a male-dominated field.

"Don't be intimidated, and especially don't be intimidated by guys if you're a girl. I am the only girl in my AP computer science class this year, but I realized that it's not a big deal. You learn at your own pace and you can develop your own skills and learn from what other people know," Lopez said.

Lilah Lopez

Mckale Moore
Rackeyla Moore
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Josephine Mulligan

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Michael Olabintan
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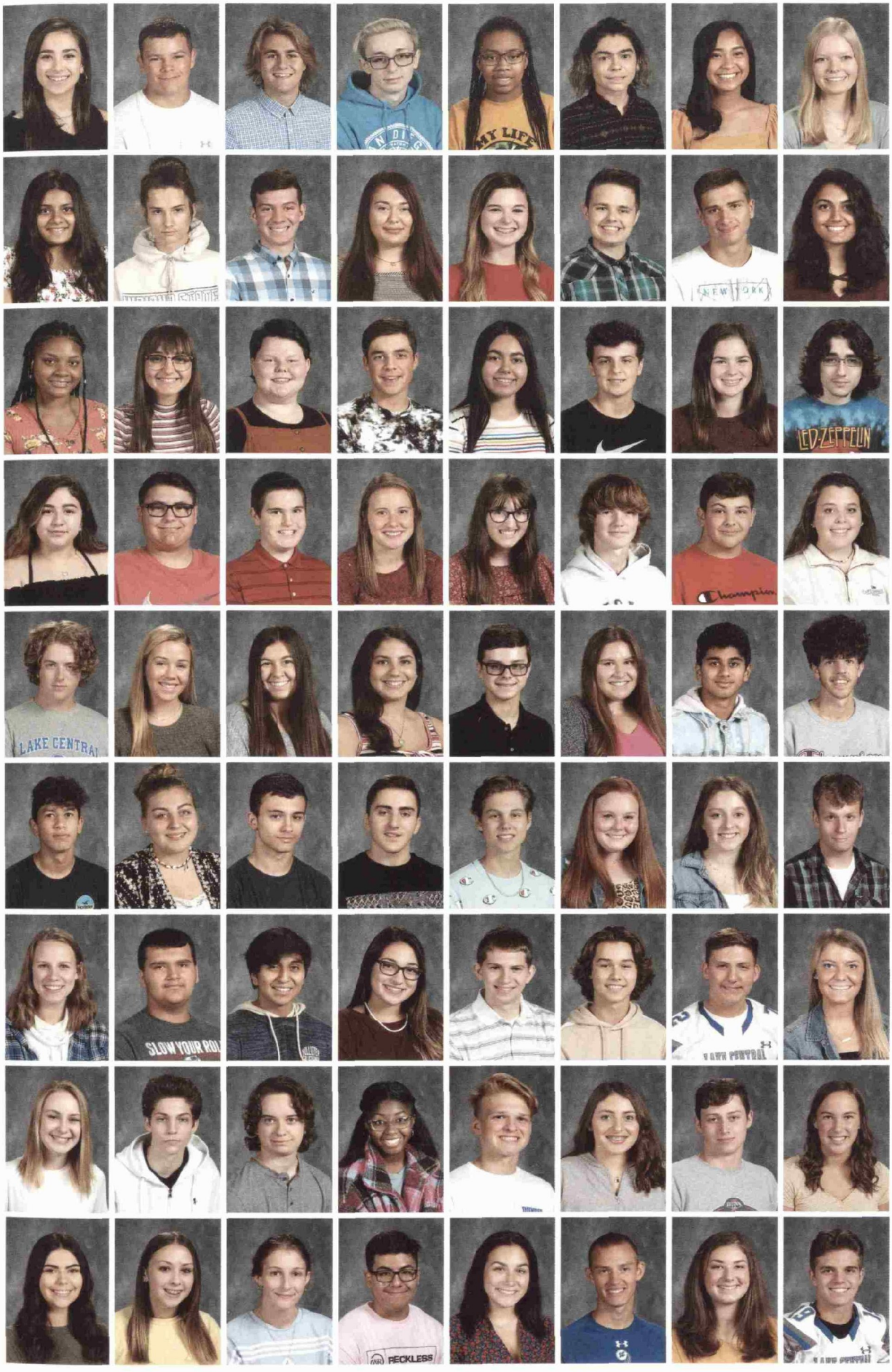

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Husam Takruri
Ashley Tampauskas
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Alana Taylor
Daniel Taylor

MY FAVORITE SCHOOL SPORT TO WATCH

poll out of 330 juniors

143

FOOTBALL

"I like watching football because there is a lot of action even when it seems like nothing is going on."

Darcy Barkauskas

103

BASEBALL

"Baseball is my favorite sport to watch because I am a softball player and I understand all of the plays and rules."

Jordan August

50

BASKETBALL

"Basketball is fun to watch because it is fast paced and things can change at any minute."

Issabella Lee

22

VOLLEYBALL

"Volleyball is my favorite sport to watch because I love the team atmosphere and how everyone has to play together to win. I also love the intensity and the competitiveness of the game."

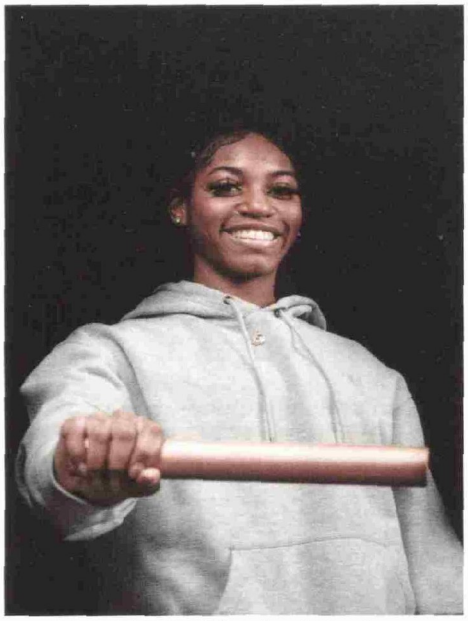
Katharine Mahoney

13

SOCCER

"I like to watch soccer because it's fast paced and the ball is always moving."

Madison Zielke



Latreasure Johnson proudly shows a baton from her relay race. Johnson participates in both long distance and the relay races.

Running for Gold

Latreasure Johnson was a sophomore when she broke the school's previous long jump record of 19.225 feet. With months of training and years of dedication, she was able to hold the new record of 19.4 feet. During that meet, she was not prepared, but she ended up breaking the record.

"My goal was to break the record, but right after that meet I was going on vacation so I wasn't in the right midset. It was a goal I wanted to accomplish. At another meet I could've been more prepared," Johnson said.

Johnson loves how track is a solo sport, unlike cheer. Only one person can affect her time and that's her, whereas on a cheer team, if one person messes up, it can cause a ripple effect.

"Cheer is a team thing. You have to work together and if one person messes up then it affects everybody else. For track, you don't have to worry about anybody else," Johnson said.

Johnson uses track to relieve stress. Focusing on running and what she is doing in track helps her forget about what is causing stress in her life.

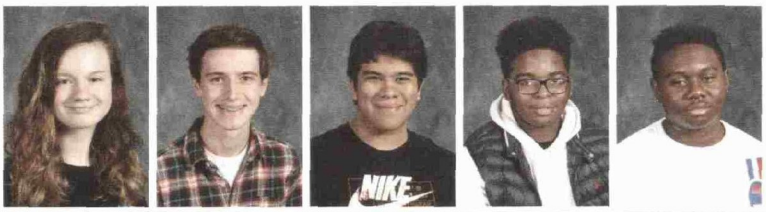
"When I go to track it relieves a lot of stress. I just worry about track and what I'm doing. That's part of the reason why I love it," Johnson said.

Although breaking that record was just another accomplishment to Johnson, she still plans to make new improvements every year. She wants to continue track through college at Louisiana University and is planning on going into the Olympics.

"I want to go as far as possible. I don't want to stop doing track at all." Johnson said.

Latreasure Johnson

Lily Taylor
Jack Teibel
Sergio Terrazas
Jaedon Terry
Makiah Terry



Joseph Tham
Emily Thomas
Matthew Thomas
Alexis Thompson
Ashleigh Thompson

Maegan Thompson
Michael Thompson
Henry Thomsen
Jonathan Thrall
Matthew Tigges

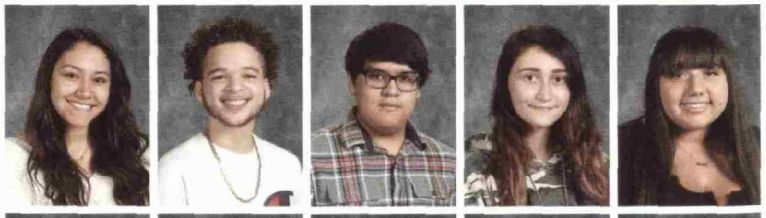
Nathaniel Tiltges
Molly Tkach
Ima Tobias
Jennifer Tomasic
Caide Tomaszewski

Dejan Tomic
Anna Torres
Cindy Torres
Caleb Towasnicki
Catherine Townsend

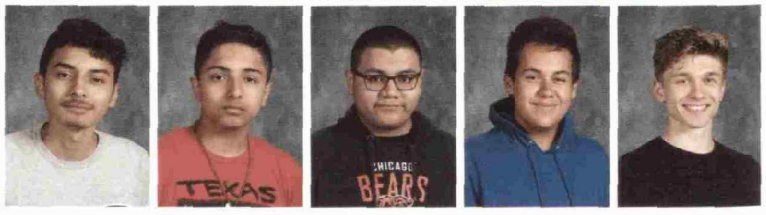
Melissa Townsend
Matthew Towry
Aiyana Trevino
Samantha Trevino
Ray Tufo

Jennifer Tulsiak
Ethan Uelman
Brianna Usak
Esak Usak
Melissa Vanek

Dominique Vargas
Eugeane Vargas
Justin Vargas
Ashlyn Vargo
Arianna Vasquez



Robert Vazquez
Angel Velazquez
Fabian Velazquez
Lucas Veloz
Matthew Ventrice



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Caden Weston
Jalen Wigley
Caleb Willett
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Scarlett York
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Logan Yugo
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Tyler Zahorsky
Jenna Zajac
Krish Zalavadia

Emilio Zambrano
Geno Zambrano
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Mackenzie Zielke
Madison Zielke
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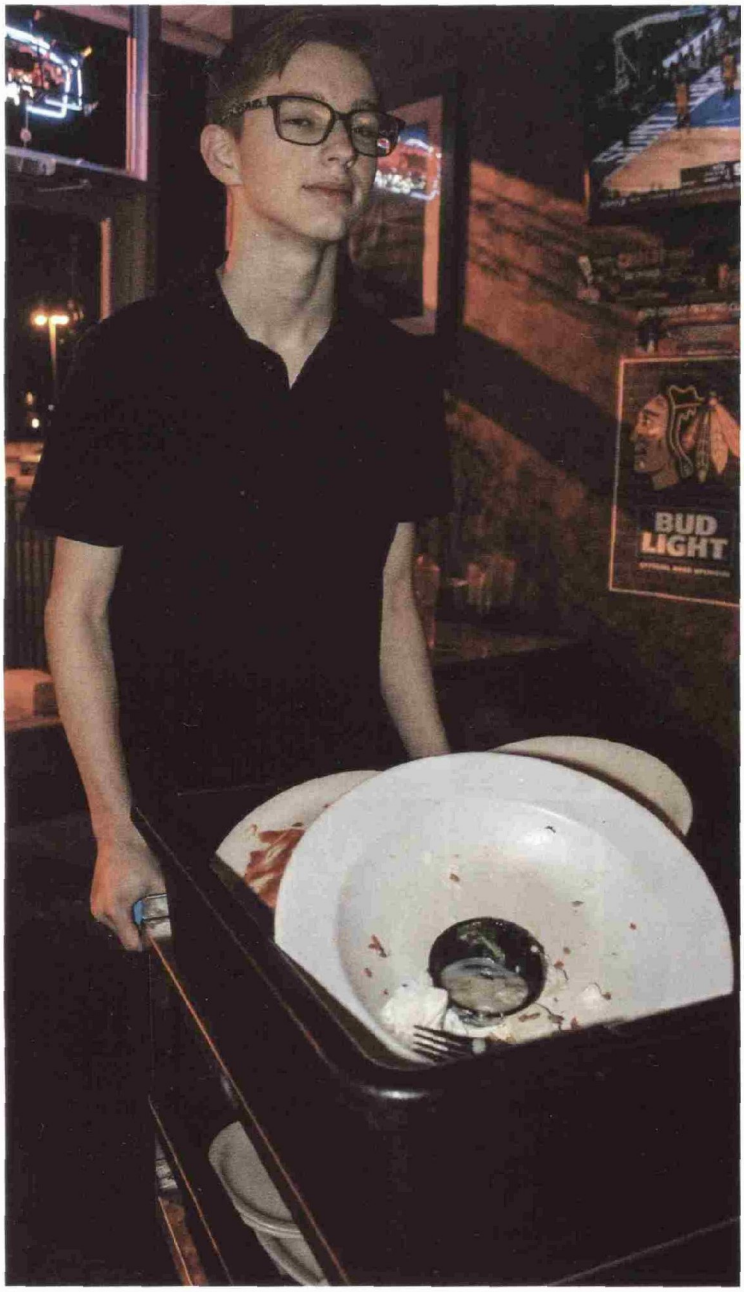
Amy Zochalski

WORKING NINE



Earning Experience

"I work at White Rhino and I have been there for four months now. I like working there because it pays me pretty well. A typical day at White Rhino is my shift starts at 5 p.m. and I prepare for the rush. Then I handle the rush when it hits, and finally clean and stock for the next day. The main reason I like my job is the close proximity to my house because it allows me to commute quicker to and from work. Working a low-level job can give me experience for a high-level job in my future. If I want to pursue a career in management in the future, working at a restaurant gives me a look on how it is managed. I set aside specific dates to finish all my homework and other days to work. School is my priority because of my family morals and values."

James Davis (10)

On the Double

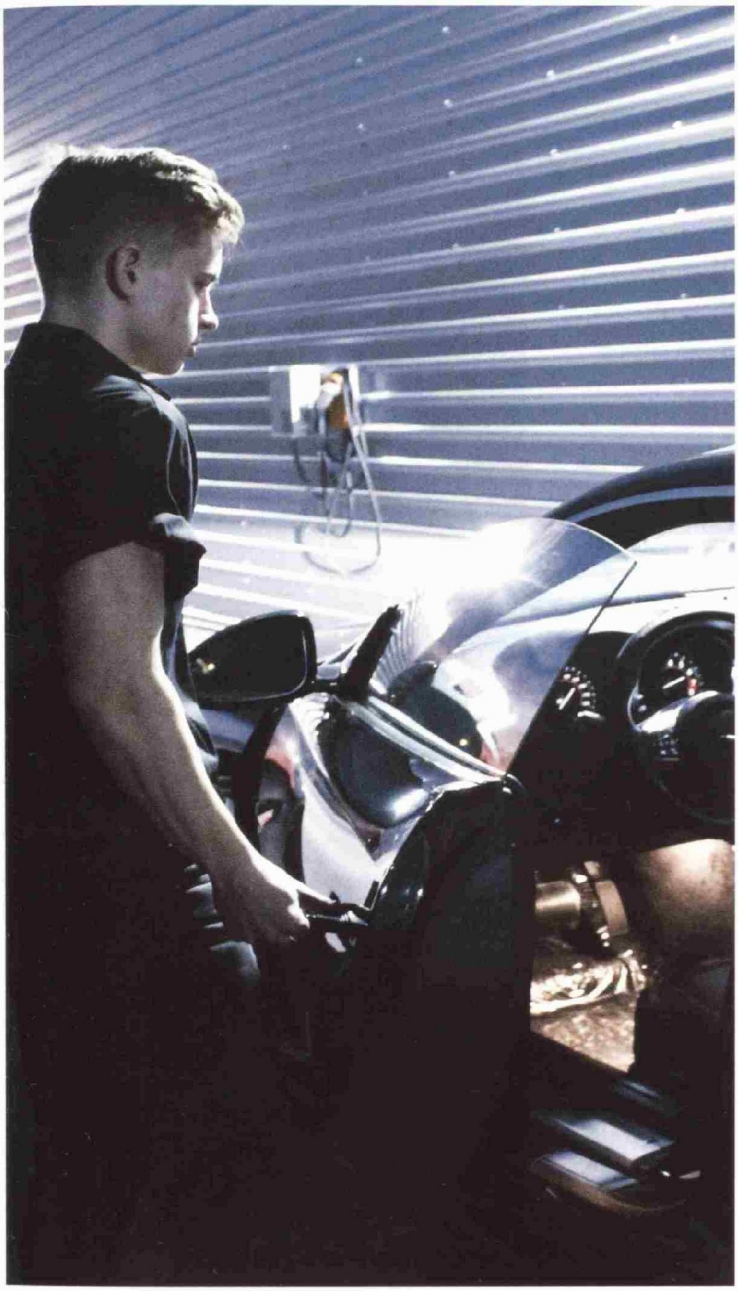
"I work at Pepino's and DQ. I have been working at DQ for a week and Peppinos since December. My favorite part about working at DQ is the discount we get on food, we get half off everything. It's very beneficial if you're trying to snack. DQ is easier than Pepino's, but I like the chemistry at Pepino's better. I got a second job because, honestly, I have really bad spending habits. I'm very spontaneous and I'll just want to buy something, so I always want to have money coming in. So each week if I didn't get paid at Pepino's, I get paid at DQ, so I just always have money coming in. I work in high school because I want a good work ethic and life lessons. I don't really balance school and work. I always wake up tired, but it's all for the money."

Angel Carreras (10)

Page By: Caleb Chen, Lilah Nelson, Lita Nighbert, Ava Solis and Morgan Taylor

TO FIVE

HIGH SCHOOL JOBS CAN PROVIDE EXPERIENCE FOR FUTURE CAREERS. FROM FAST FOOD TO CARS, STUDENTS WORK A VARIETY OF JOBS.



Driving Duty

"I work at the new South Shore Land Rover/Jaguar dealership. I have been working there for about five months. I enjoy working there because we are always having fun and driving the cars. Every Saturday, the building orders food and one of the porters gets to take a car off the lot to go and pick it up. I only work for the money. If I was rich, I would not be working anywhere right now. To balance school with work, I will usually do my homework whenever I have time. On traditional days, I will go to the library for lunch with my friends and get homework done there. I think work and school are both big priorities, but for me, school always comes first. I need to keep my grades up, but my boss also relies on me to be at work to keep business running."

Harley Nighbert (12)

Chill Environment

"I work at Rob's Meat Chop in Dyer. I work as a cashier [and] I have been working there for six months. I feel good working there, it is a great job. I like the job mainly because it is a very chill job. Working as a cashier is good for me because it does not involve that much work, but I am still able to interact with people since it is a family-owned business. There is no other reason I have a job except for the money. I come from a single parent home, so I need to work for the things I want. On top of work, helping out at home and doing the rest of my homework every teacher gives me, working is my top priority, not getting a letter on a report card."

Hailey Semyck (10)

Work the Field

"I work at the Sparta Dome in Crown Point. I've been working there since September. I coach flag football teams with seven to nine year olds. I also referee football and soccer, and I do kids classes for soccer, baseball and basketball. It's pretty fun working there and they pay me pretty well. I really like that and it's overall just a solid job. Coaching is just something I enjoy doing and helping kids. When I had coaches when I was younger they made a big influence on my life, so I try to do the same for those kids. For prioritization, school always comes first. So if I do something with school, I always ask if people can take my shift. I usually put my work schedule around my school schedule."

Mateo Cedano (12)

Work for the Future

"It's been almost a year since I started working at Smoothie King. It's more fun working in the summer since sometimes it gets overwhelming working on school nights. I try to get most of my homework done during school. Mostly during PtE or when I'm aiding, but I usually have time before work to do some of my homework. I'd say school is more important because a job isn't forever, but school can help gain so many more opportunities. I think it's important to have some type of work experience before you go to college. Working has given me the opportunity to meet so many new people. I've met some people who are now my best friends just from working at a smoothie place."

Haley Berumen (11)

JUST MY STYLE

Students describe how they express themselves through their hair, clothes, piercings and tattoos.

Splitting Ends

"The first color I ever got was purple. For a long time I had a weird mullet phase, then I had more of a pixie cut. I got it cut and dyed again to one half blue and one half pink, which I really like. It definitely makes me stand out. I like all the attention, depending on which kind I get, because sometimes it's really nice. People will come up and compliment me on it, but sometimes it's older adults asking me 'Why did you dye your hair like that?' and they say it's weird."

Abigail Contreras (10)

Empowered

"It was a very spontaneous and last-minute decision to dye my hair. I'm glad I did it. At the end of the day, a lot of people ended up saying they thought it fit me well and looked almost natural on me, and it wasn't hard to adjust to the purple hair. I'm really glad I did it though. It really empowered me. My hair helps me express myself because when I want to make a big change and not cut all my hair off I can dye it and I can dye it whatever color."

Mya Bell (12)

Stand Out Together

"I express my style by wearing a lot of secondhand clothes I either got from Goodwill or my family members. I feel that my clothes speak for who I am. I've changed from the traditional street wear and gone for a more urban, skater meets art student style. My style has affected me by making me feel more comfortable even when I'm standing out. I feel like fashion is a form of art. Some people are very interested and some people could care less. It's subjective, but there is an ever-changing supportive community behind it that I've come to love."

Dimitri Nassenstein (12)

Marking My Change

"I think of it as it's my body and I'm the one who gets to choose what I do. My mom and dad inspired me to get a tattoo. My mom wanted to get matching tattoos with my brothers and I. I was 16 when I got my first tattoo. People could only see one of my tattoos, but it doesn't say much about me. In the future I want to get more tattoos that can express who I am. To me the tattoos I have now and the tattoos I will get in the future will show how I have changed throughout my life. Maybe when I'm older I'll get different types of tattoos I wouldn't think about getting now."

Hailee Langwinski (12)

My Higher Power

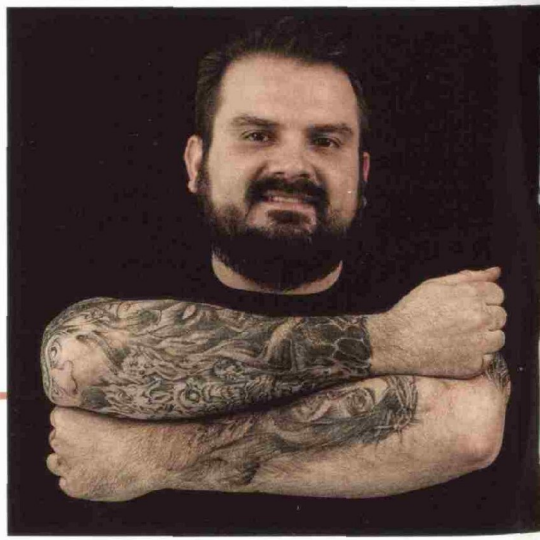
"I have no regrets about my tattoos. They are an extension of my personality. I believe in a higher power. My tattoos represent good and evil, heaven and hell. I feel that all people have a little bit of both. I got my first one when I turned 18. I love the feeling and the sound of a tattoo gun; it is addicting. I wear my heart on my sleeve literally and figuratively. This allows me to show my beliefs, and if someone wants to have a conversation about it, they are an ice breaker."

Mr. Andrew Fischer, Automotive Technology

Living In The Past

"I try to stay with a 70s-80s style. It's what makes me the most happy. A lot of people will judge me and say I dress like their grandma or uncle, but I don't really care what they say. I get my inspiration for my outfits from old TV shows or movies. I will see pictures of my family from back then and their style also inspires me. I like having a unique sense of style different from everyone else. It really helps me stand out from the rest of the students at Lake Central."

Mariah Hernandez (11)



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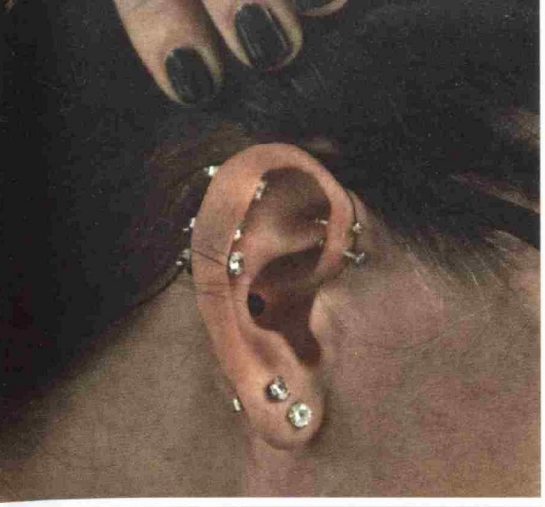
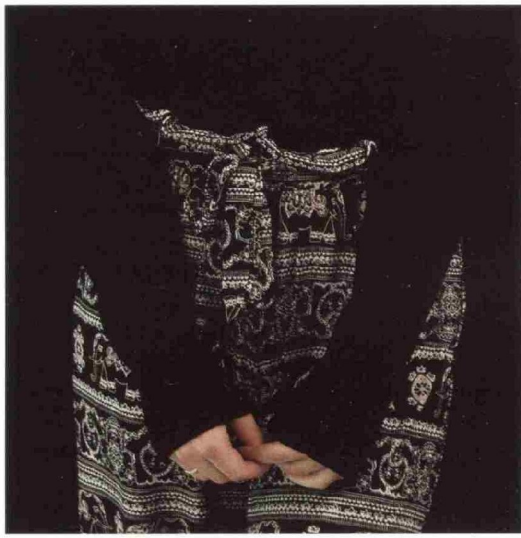
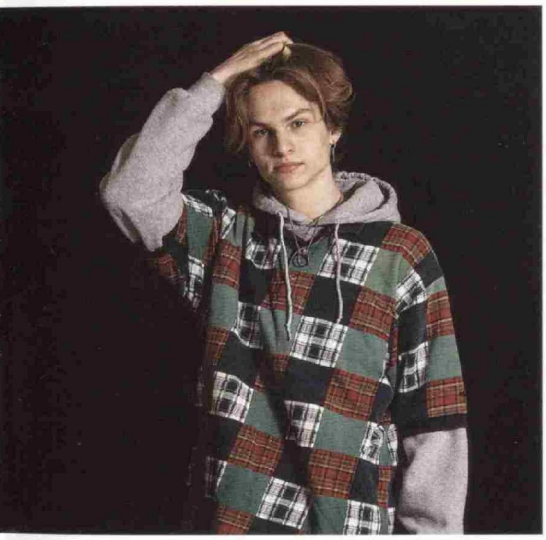
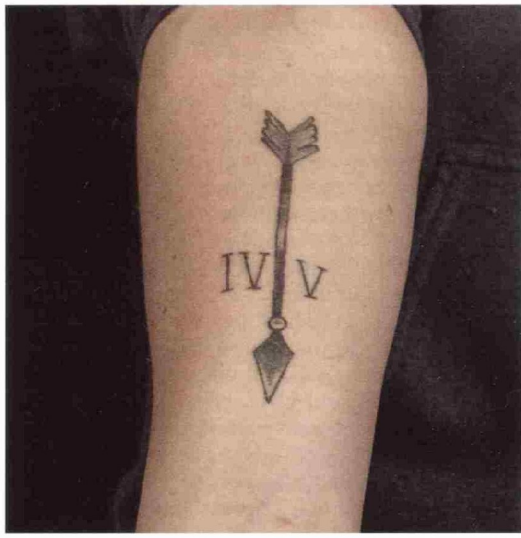
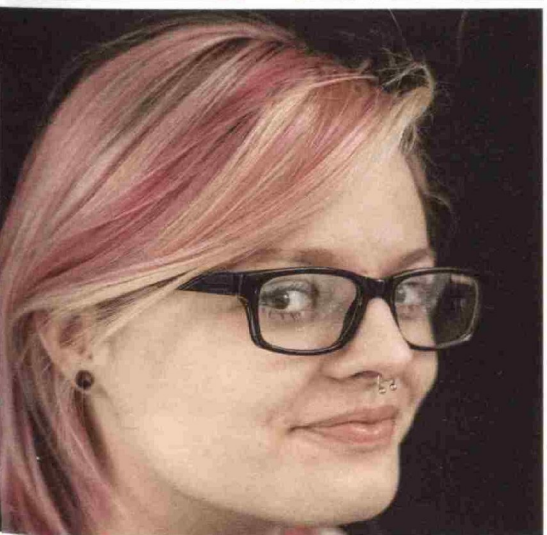


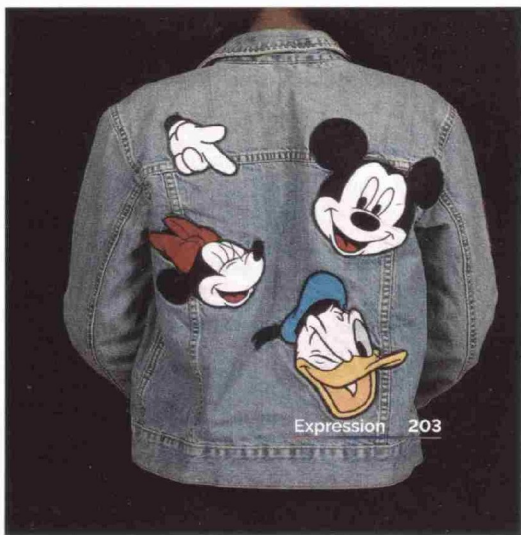
"I FEEL LIKE FASHION IS A FORM OF ART. SOME PEOPLE ARE VERY INTERESTED AND SOME PEOPLE COULD CARE LESS."

Dimitri Nassenstein (12)

FROM LEFT TO RIGHT, TOP TO BOTTOM
ABIGAYLE BROOKS (11), MRS. AMANDA SCHUYLER, SOCIAL STUDIES, ISABELLE NASH (11), ABIGAIL CONTRERAS (10), ALEXIS NEIDY (10), MYA BELL (12), ALYSSA CALIBAN (10), MARIAH HERNANDEZ (11), DIMITRI NASSENSTINE (12), HAILEE LANGWINSKI (12), MR. ANDREW FISHER, AUTOMOTIVE, JAELYNN AUSTIN (10), BRANDON KOWALSKI (12) AND E'LON JOHNSON (10)





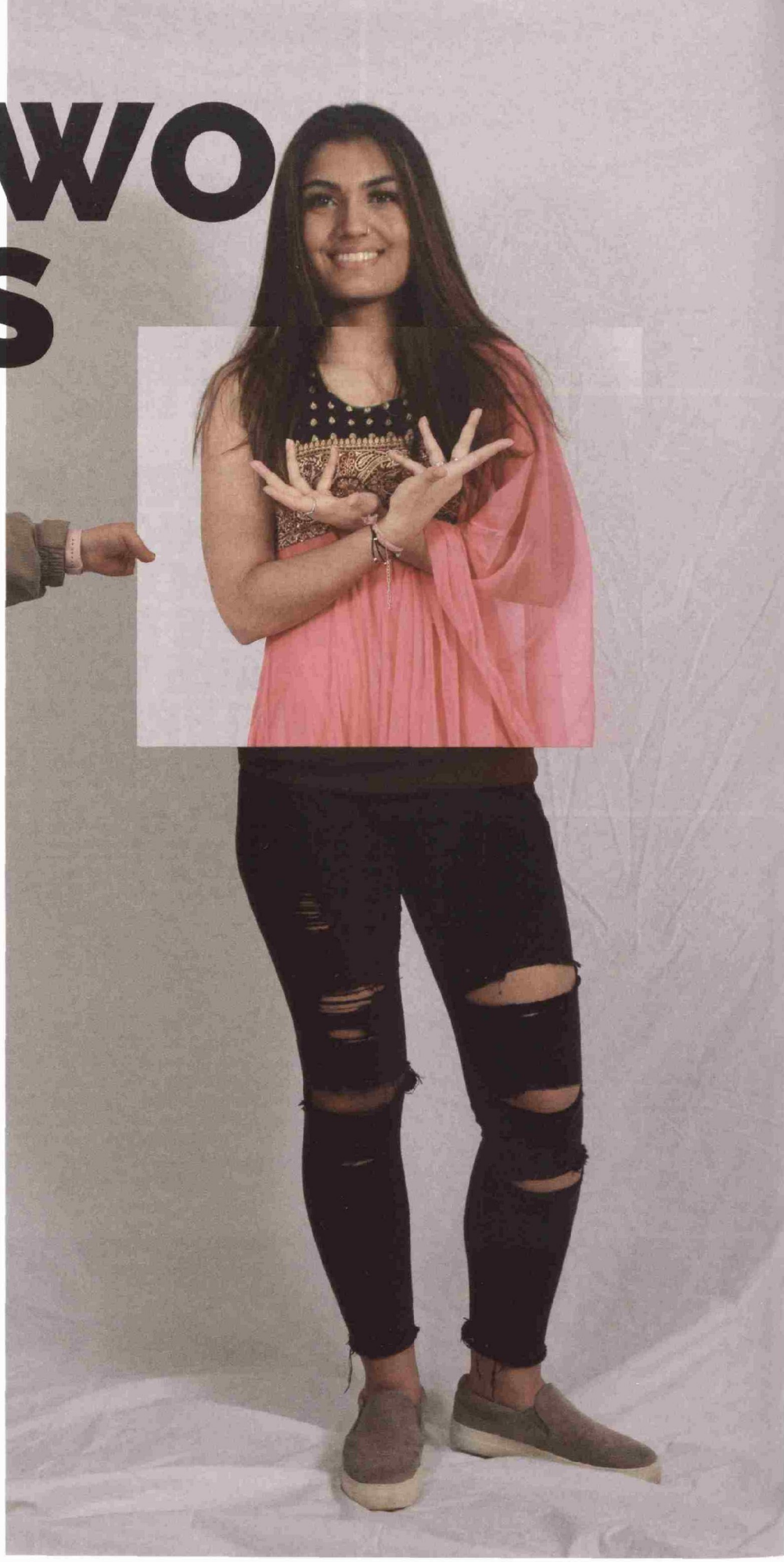
MY TWO LIVES

According to students, their cultures have shaped them into who they are today. Students discuss their culture, history and how it relates to them.

Keeping Culture Alive

"I was born in India and my family came here when I was three months old. My culture has helped me shape into the person I am today by helping me realize that you shouldn't take anything for granted, no matter what. There's always a new day tomorrow which means a new start. My culture is extremely important to my family dymanic and that's one way we bond to get closer. The Indian culture is a collective collection of thousands of different cultures. There's a festival called Diwali, and it's the largest and most important holiday for us. It goes on for five days and is also known as the Festival of Lights because of the lights lit during the celebration to symbolize the inner light that protects them from spiritual evil. Another festival is called Holi or the Festival of Colors, and it's used to mark the arrival of spring. We daub ourselves in brightly colored powders to celebrate the victory of good over evil. At these festivals I participate in dances, we normally wear bright colors and there is mostly folk or classical music. The dances I participate in help me express myself and my culture in a different way. My culture is a way I identify myself with and I am really proud. Different forms of dances belong to different parts of India, and some examples would be Bharatantyam, Kathak and Kathakali."

Pooja Patel (11)



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A Sense of Belonging

"Being Greek is important to me because it gives me a sense of belonging and a sense of relatability. It was always something I have used to identify myself with and as a way to build relationships with people who share similar cultures. It impacts my life in a lot of ways too. I grew up with two Greek parents and our culture is very traditional and is heavily influenced by past rules or customs. One tradition we have is we dye eggs red during Easter and we each take an egg and hit them against each other and the person holding the egg that does not crack is said to have good luck for the rest of the year. I also grew up around an entirely Greek family so I've been surrounded by my culture my whole life. Family roots are a huge part of being Greek, and I believe they have impacted me the most because my family has always and will always be the most important part of my life. We also always roast lamb at family events like birthday parties and holidays. Everyone in my family has a 'spit' in their garage where we roast the lamb. It has coals under it and the lamb fully roasts on it. We also have an evil eye superstition we call the 'mati.' We believe you can catch the evil eye from someone who appears to compliment you, but is really envious of you. When you catch the evil eye you feel physically or mentally sick, and in order to cure yourself someone of the opposite gender needs to perform a special prayer on you and it will stop your bad feelings. This is my favorite tradition I participate in."

Yianna Kouros (12)

One Big Family

"I attend Serbian summer and winter camps where we learn about our culture and where we came from. Serbia is very strong about their culture; we are all one big family. When we go to festivals we all know each other and sing and dance to the Serbian music and have a great time. Besides dancing we have other traditions as well, we have Saint's Day festivals, and we all go to the church to celebrate that. Serbian weddings are a big thing as well; we celebrate that through the whole day and everyone comes together from the bride's and groom's side. It's a huge celebration and we do the Serbian dances at the reception along with the Serbian music. When I have kids, I want them to participate in Serbian dances and go to church so they can learn and celebrate their culture and just embrace it."

Mirjana Vukas (11)

"MY CULTURE IS A VERY BIG PART OF ME. I'M GREEK-AMERICAN, [SO] THE GREEK STANDS OUT MORE THAN THE AMERICAN."

Joanna Kouros (9)

Feeling at Home

"The Chinese culture is important to me because I was originally from China, so participating in traditions make me feel at home and help shape who I am. China has many traditions, but our main one is Chinese New Year. We light lanterns, dance, have huge festivals and light a lot of fireworks. We get red envelopes with money in it and at the end, we eat mooncakes. I still celebrate Chinese New Year and other traditions even though I'm in the U.S. now because my culture is very important to me and it helps me connect back with where I was originally from."

Sarah Gross (11)

New Perspectives

"As part of the Moroccan culture, and because it is an Islamic holiday, we celebrate Eid al-Fitr. Eid al-Fitr is used to break the fast at the end of Ramadan. We get gifts for each other and in Morocco they break the fast by eating sheep. My cultures have taught me to look at the world in more than just my own perspective. I try to put myself in other people's shoes to understand better. My cultures have also shown me the importance of hard work and respect."

Youssef Errihani (12)

Family Ties

"Since my family is Samoan, I did go to Hawaii over the summer to see where my dad lived. It helped me grasp a better understanding of where I came from and it was a cool experience. The house next to where we stayed had 8 generations living there, which just goes to show how important family and culture is. My mom's side is the Italian. My grandma owns an Italian deli store in Chicago Heights and it's been there for 50+ years. I work there and it's kind of a tradition and passing it down the family line.

Alana Taylor (11)

Growing Up Greek

"Going to Greek School is a very normal thing for kids growing up in this culture, it's through our church. Since, I've been doing it so long the majority of my friends I've met through Greek school and we are all one big family. The friends I've made in my culture versus the friends from school are very different. There's a closer bond with the ones that have to do with my culture because we have more in common that we could talk about, we share more of the same interests. The kids I met in Greek school when I was super little are the same people that are in Greek dance with me now so we kind of grew up together as well. It's nice to have people that you've met through your culture because you know you'll never really lose touch or interests with so we will be together no matter what."

Joanna Kouros (9)

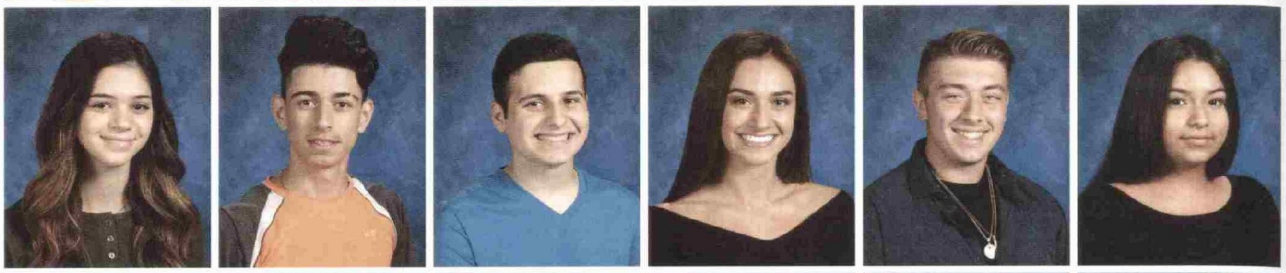
Family Ties

"I'm a second-generation Mexican-American and get my heritage from both sides of my family. I couldn't be prouder to call myself Mexican-American. My culture is unique because my heritage is the different types of food we eat, many of which aren't common among the average American. My culture affects me in countless ways.It shaped me into the person I am today and taught me to respect the cultures of others.

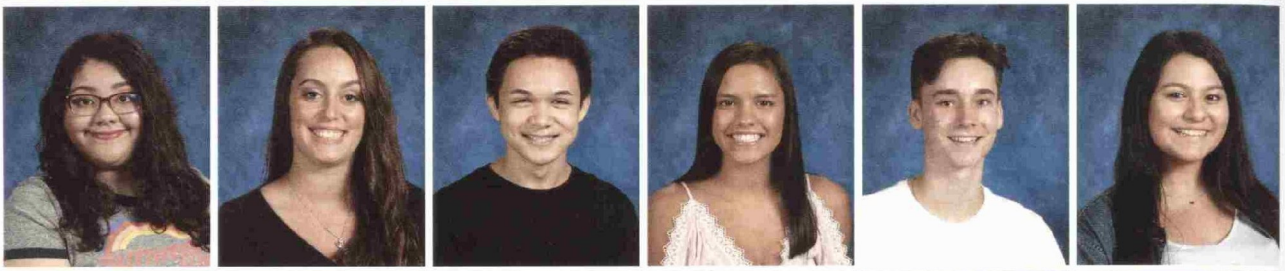
Damian Arambula (10)

Alexa Aardema
Charmagne Abangan
Hamza Abughofah
Aaliyah Adlam
Braden Agee
Abdel Al-Abed

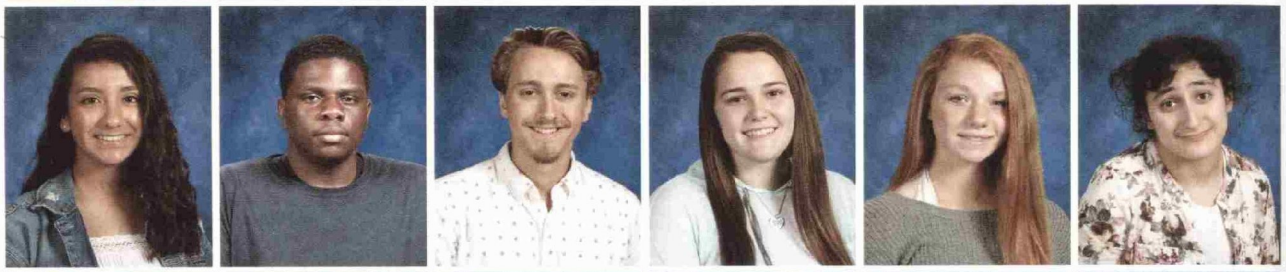
Ghadeer Al-Abed
Fadi Alayoub
Jovanni Alcantar
Jessica Almaraz
Edward Alonso
Kimberly Alvarez



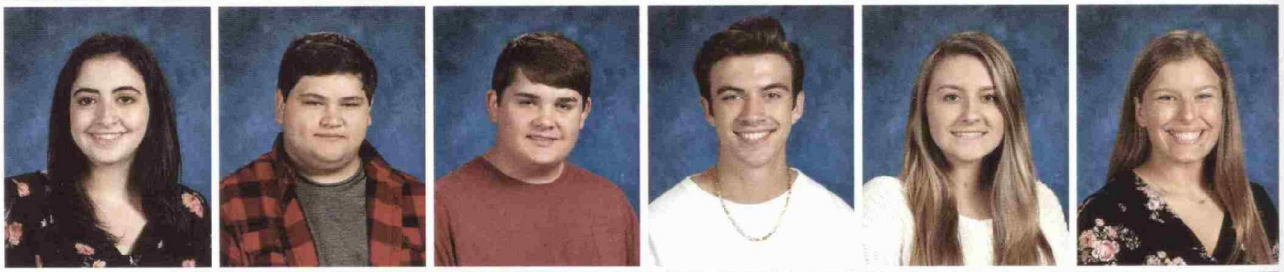
Ruth Alvarez
Anna Amanatidis
Tyler Amptmeyer
Vanessa Anaya
Nicholas Anderson
Stefanie Angus



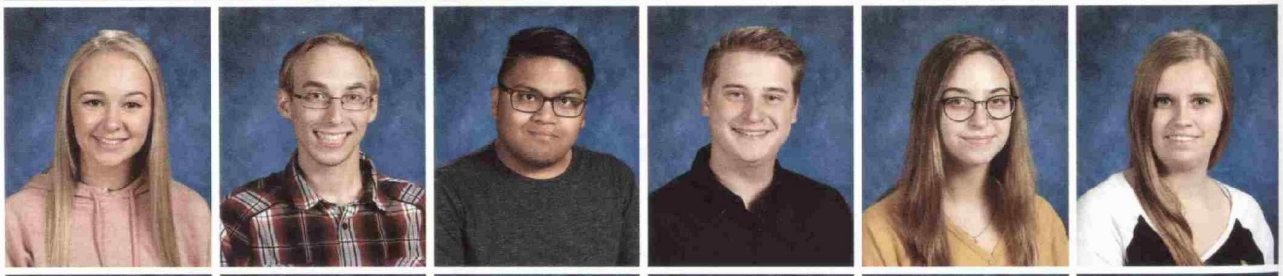
Frida Arellano
Emmanuel Ariyo
Shawn Armatore
Marissa Armstrong
Sarah Aurelio
Marwa Awwad



Sarah Bader
Jesus Badillo
Casey Bagley Lamb
Jack Bailey
Kaylee Bailey
Madeline Bailey



Gianna Baldin
Alexander Balousek
Mark Banaag
Brett Bandstra
Claire Bandstra
Kayla Banks



Jessica Barenie
Jakob Barlow
Alyssa Barnes
Madeline Barnes
Elliot Basem
Brock Begesha

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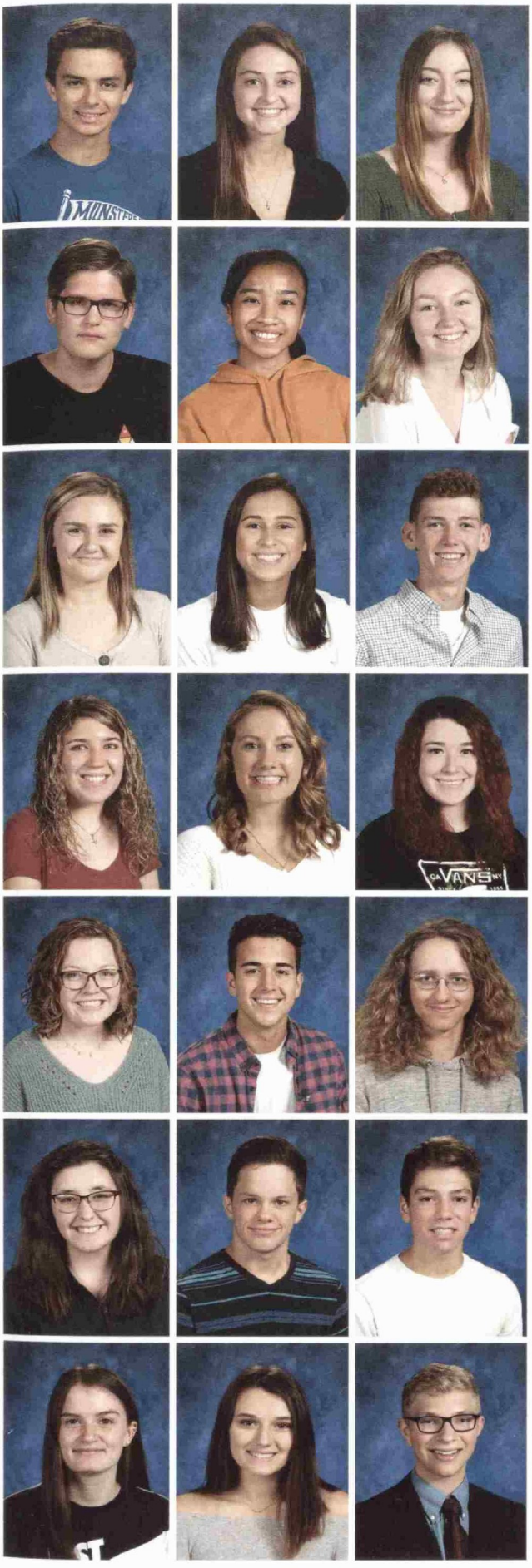


Douglas Belcaster
Emily Bell
Cordilia Bellar

Christopher Benak
Kyra Benson
Grace Bentkowski

Hannah Bernardy
Grace Betancourt
Brock Bevil

Kelli Biancardi
Sophia Birlson
Gina Blackburn

Kalli Blankenship
Kyle Blum
Jared Bober

Paige Bomer
Nathan Booth
Andrew Bosnak

Mia Botkin
Melina Boulas
Jonathan Bouma

The seniors from the volleyball stand in line and pose. They helped organize the senior purple out.

SUPPORT
LEFT AND RIGHT

THE WEEK OF HOMECOMING, A PURPLE OUT WAS HELD ON SEPT. 25. SENIORS WORE PURPLE TO SUPPORT THE KUSBEL FAMILY.

On Friday, Sept. 13, Dawn Kusbel, mother of Mackenzie Kusbel, passed away from pancreatic cancer. Dawn's passing had a ripple effect on her family, friends and the Lake Central School Corporation. Both Mackenzie Kusbel and her mother have been a part of Lake Central for years. Seniors came around Kusbel making sure she never felt alone. Wearing purple was just a way all seniors, strangers and friends alike, could show their support.

"It made me feel very proud of our school and how we could all come together to support one person. It's obviously something that you never want to happen to you and no one ever

"It wasn't just a senior thing," Aniyah Thompkins said.

wishes that upon a person. I feel like everyone tried to put themselves in her shoes, and her family's shoes, and they did as much as they could to lift her up and support her," Margaret Mulligan said.

Many students wanted to support Kusbel and her family as much as possible. The Senior Class Cabinet decided to make Wednesday, Sept. 25 senior spirit day a purple out for Dawn.

"No steps needed to be taken, we had a meeting, everyone was down with having the Purple Out. It was an easy decision. We knew that was the one spirit day we needed to have to support Kenzie," Aniyah Thompkins, Senior Class President, said.

Katarina Nikolovski holds an American flag. This is Nikolovski's first year running the Veteran's Day program.

An American Assembly

Katarina Nikolovski, officer of the History Club, plays a key role in putting the Veteran's Day assembly together. She followed in her sister's footsteps and joined the club as a freshman. She enjoyed the club so much that she ran for an officer position and now she runs the Veteran's Day program.

"It is challenging [to be in charge of the program] and looking at it can be intimidating, but I think it is one of the coolest experiences you can have to be able to organize something that is bigger than yourself and to show your veterans how much you appreciate everything they have done," Nikolovski said.

Many steps need to be taken before the program. Whether that work is for her or the members of the History Club, she needs to organize it all.

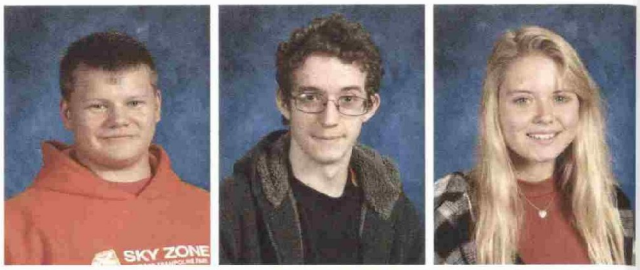
"It's a lot more of secretary work on my hand and paperwork. For the club members, it's me getting [them] to prepare for the ceremony, doing decorations and volunteering to talk to PtEs about the ceremony,"

With the Veteran's Day program, Nikolovski is able to see the impact that Veteran's Day has on others. She hopes that the assembly is able to show students how important the holiday is and how hard the veterans have fought for freedom.

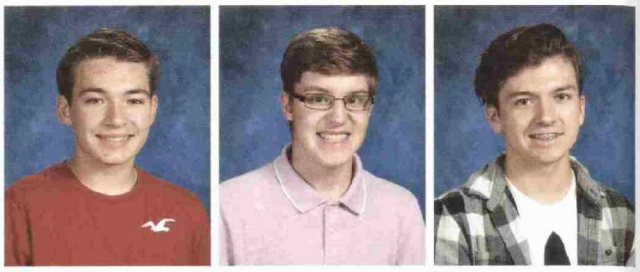
"I believe that students don't realize how lucky we are to have the freedoms we do today. It's a shock to students and [they] realize how lucky they are to even be here. The ceremony really helps students be humble and to thank the veterans for everything they've done," Nikolovski said.

Katarina Nikolovski

James Brackett
Matthew Brennan
Shelby Brennan

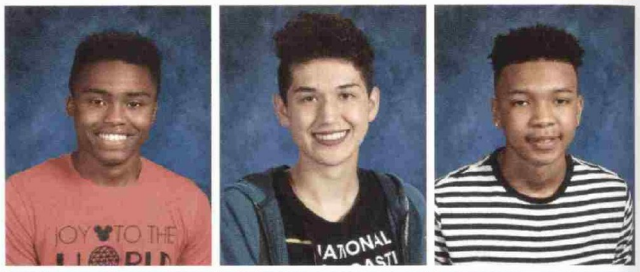


Reese Brown
Kyle Broz
Joshua Brunette



Kiersten Bukala
Jacob Bunner
Joshua Burton

Dontreal Butler
Violet Butler
Jelani Butler



Teriach Byrd
Hector Cabrales-Jimenez
Bridget Cain

Adam Caliban
Ashlee Callard
Brian Calligan

Alexa Calonia
Jeanoa Cameron
Lee Cameron

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Lance Campbell
Cordeyl Canty
Kenedi Carnagey
Jake Carstensen
David Carter
Julien Carter

Lillian Cash
Michael Castellanos
Christian Castillo
Johnathan Catlett
Reyna Cavazos
Mateo Cedano

Allison Centanni
Julian Cervantes
Greggory Charles
Geraud Charley
Warren Chekaluk
Joshua Chen

Madeline Chiabai
Alexis Chmielewski
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Marco Ciapponi
Dana Cloghessy

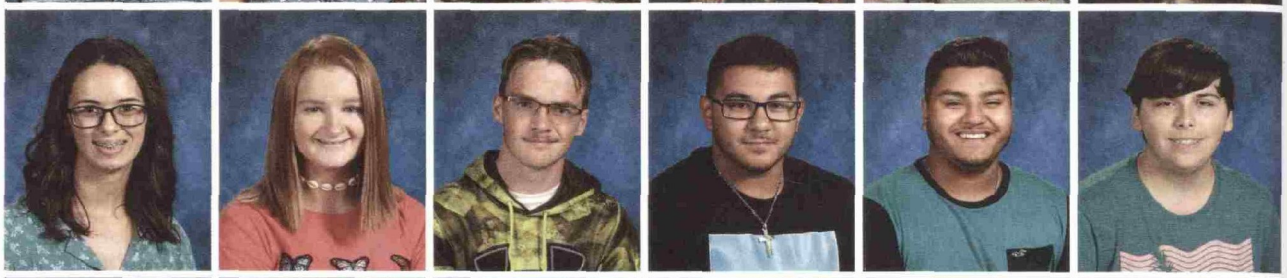
Megan Cluck
Kael Clugston
Felicia Coffman
Danielle Colantuono
Stephanie Colby
Jaime Contreras

Hannah Cook
Caden Cooper
Hope Cooper
White Cornejo
Matteo Coronel
Christopher Cortez

Gamaliel Cortez
Paige Covelli
Ashley Crawford
Kyle Cress
Joshua Crowe
Nicholas Culic

Shamiyah Cunningham
Brooke Czaja
Angela Damarjian
Martha Davis
Danielle Decero
Meghan Dechene

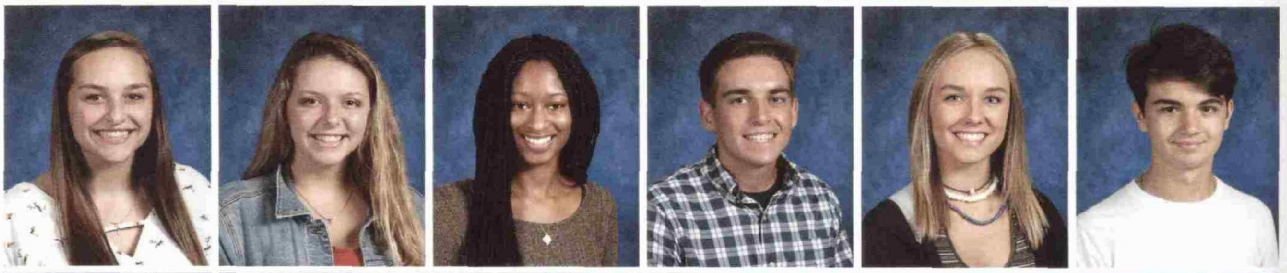
Morgan Dechene
Haley Decrescenzo
Sean Deenik
Daniel Degollado
Andres Degollado-Patino
Tyler Delgado



Joseph Dellecarto
Jacob Demantes
Mia Demape
Maggie Depirro
Marc-Henry Derogene
Clemente Derosa

Veronica Diaz
Hannah Didonato
Vincent Didonato
Brian Dilosa
Brooke Dines
Justice Dobson

Nicole Doetterl
Madalyn Doot
Jennifer Downey
Nathan Doyle
Sophie Drake
Stefan Drljaca



Cole Dudy
Madison Dulski
Mckenzie Duncan
Sarah Dunn
Joseph Duszynski
William Dwyer

Colleen Dyra
Matthew Eagan
Samantha Eagan
Sydney Eagan
Elijah Easton-Crague
Catherine Economopoulos

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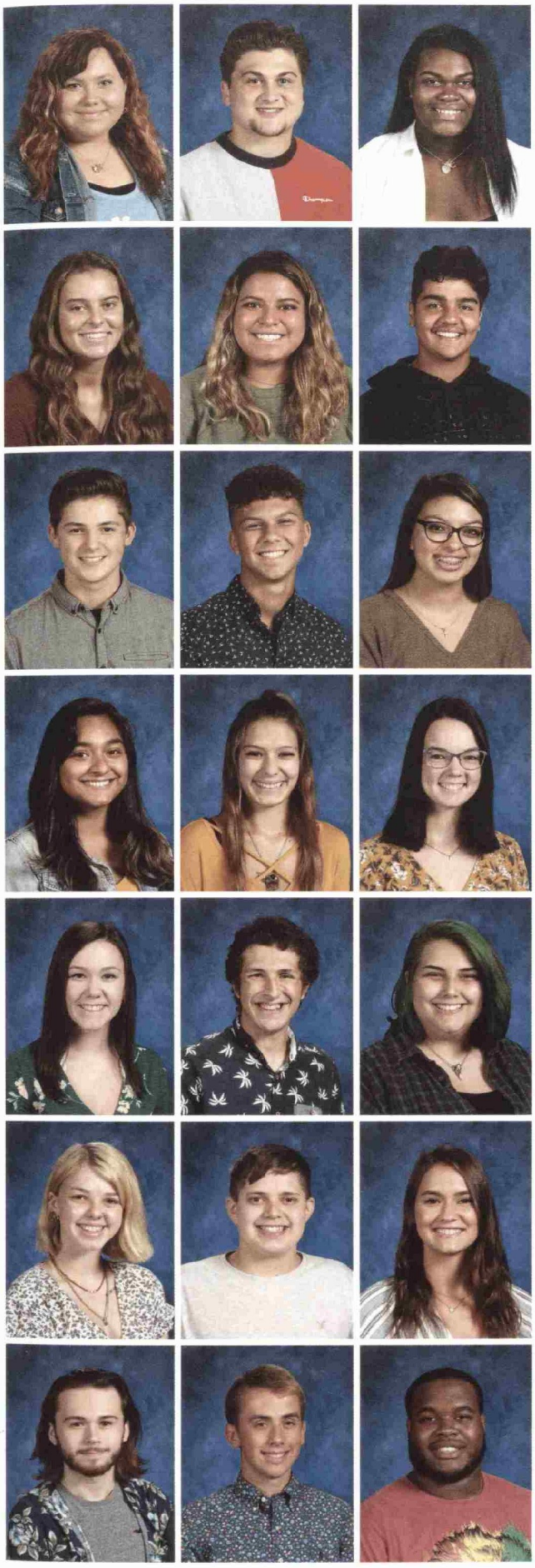


Jazmine Eickleberry
Joseph Eisha
Nicole Eldridge

Amber Engelhaupt
Emma Engels
Jesus Enriquez Sosa

Zacharie Erdelles
Youssef Errihani
Valeria Escobedo

Andrea Esquivel
Layla Ewan
Claire Faberbock

Lydia Farmer
Joshua Fauser
Skylar Feminella

Keri Ferry
Greyson Fieldhouse
Amanda Finley

Jason Finley
Nicholas Firlej
Quincy Fleming

HOW ARE COLLEGE APPLICATIONS GOING?

Brenna Thompson "For college applications I get to the part where it says essay, and I stop I mean that's pretty much it. I think they're due like Nov. 1. I'm not late!; I still have time to turn them in. I'm procrastinating [the essay]."

Kaylee Hoffman "They're not very fun because they're very long and I like to procrastinate so the common app is taking me forever."

Elizabeth Reyes "It's very time consuming and the essays that you have to do are very hard, and you have to get them managed very well. Requesting your transcript is also another hard part of the application."

Lillian Zubeck "College applications are going all right. I have most of them filled out; it's just now getting the final steps and touches put on it and ready for submitting. The hardest part of the application is the essay because it's one of the most important parts."

Hayley Matlon "I'm applying to three colleges, two of them are on the common app. It's been a lot of work. It takes a long time. My mom has been really on me, forcing me to get them done early so I can get all of the scholarships possible. It's just filling out a lot of personal information and putting in all kinds of classes and outside activities and hoping that it's good enough to get me in."

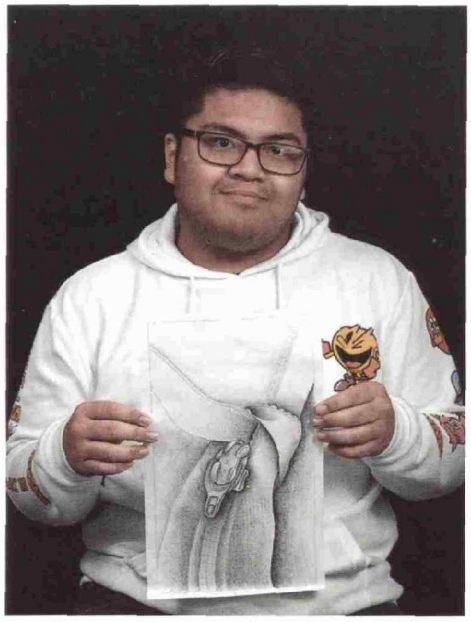
Trent Schneider "My applications have gone fairly well so far. For me, the most stressful part of the application is the essay. Other than that, they've been easy."

Miranda Prowse "My applications are not going good. I haven't found enough time to apply, and filling out the applications are very irritating."

Cassidy White "The application process is very stressful. They are so much work and your entire future depends on these applications."

Kaden Jull "They are going amazing. I have already been accepted into three colleges. The hardest part of the application was writing my essay."

Anthony Katona "They are going all right. I am a little bit behind but I will catch up. I have completed applications for all of my main college options."



Mark Banaag sits with his pencil-drawn zipper made in Intro to 2D Art. The class focused on using techniques for shading.

Drawing through the Decades

Introduced to drawing by his pre-school teacher and inspired by 1930s style cartoons and 1980s style anime; Mark Banaag draws his way through his school career.

"I've been drawing for as long as I can remember, I'd say as far back as preschool. My style is now not only inspired by 30s-era Disney cartoons or Peanuts. These realizations led me to believe that drawing, in general, is my passion," Banaag said.

Banaag previously used the cartoon style of the 1930s and transitioned to 1980s anime. In his Intro to 2D Art class, he tried the style of realistic-impressionism.

"One of my absolute favorite that I made was a zipper drawing I drew just last school year. It was the only art project we ever did last year that involved working entirely with a pencil, realistic-impressionism, which I love working with the most," Banaag said.

The Intro to 2D art class focuses on shading in pencils and its relation to pressure.

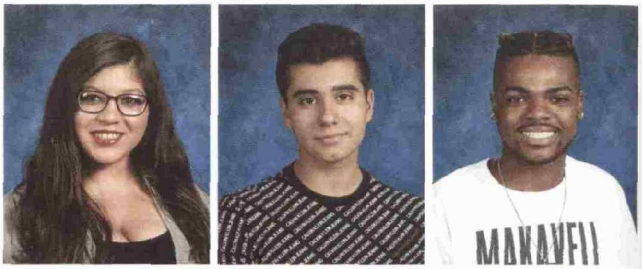
"Thanks to Intro to 2D Art, I made sure to show the perfect amount of dark and light when it comes to shading or coloring with colored pencils," Banaag said.

Banaag hopes to become either an animator or a graphic designer, freelance or not, in the future. A freelance worker would work for multiple companies at once, instead of one company.

"My love for drawing pretty much originated from experience. The minute my preschool teacher gave us paper, pencils, crayons and colored pencils on our desks, then telling us to do whatever we'd like on the paper, I just went insane all over the paper drawing what I liked most as a child. I love the idea of just making and coloring your own thing on paper," Banaag said.

Mark Banaag

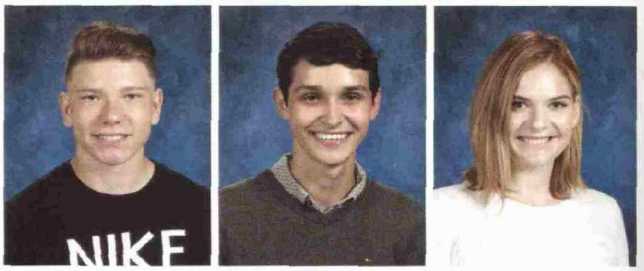
Laura Flores
Quin Flores
Tony Flowers



Delanie Flynn
Emily Flynn
Lorena Fonseca

Donovan Foote
Casey Ford
Logan Foster

Ryan Foster
Carter Fox
Callahan Frederick



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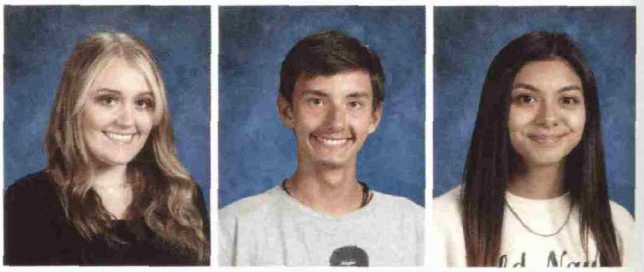
Ethan Frendling
Alexis Friend



Hailey Fritz
Mallory Gagliardi
Briana Garcia

Sir Garcia
Jessica Garrison
Douglas Gehrling

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Katelyn Geile
Noah Gellinger
Autumn George
William George
Nicole Germick
Louis Gerodemos

E'Laiziah Gibbs
Jared Gibson
Jonathan Gibson
Reece Gilbert
Curtis Gills
Anthony Golfis

Alec Gomez
Kenyon Gondek
Hugo Gonzalez
Taya Gooden
George Gorgievski
Payton Gorski

Noah Gottfried
Kira Grabinski
Alexis Grady
Nathaniel Grahovac
James Gregory
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Lainausyia Griffin
John Griffith
Jacob Grigutis
Sawyer Grimler
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Kamryn Gripman

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Jakob Halling
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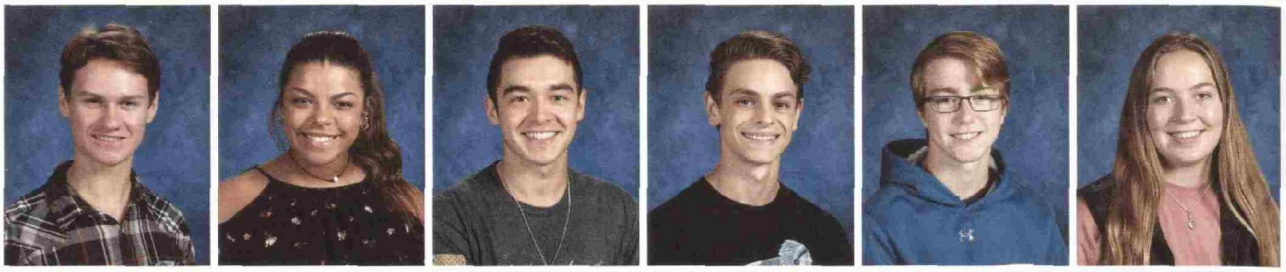

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Kyle Hegyi
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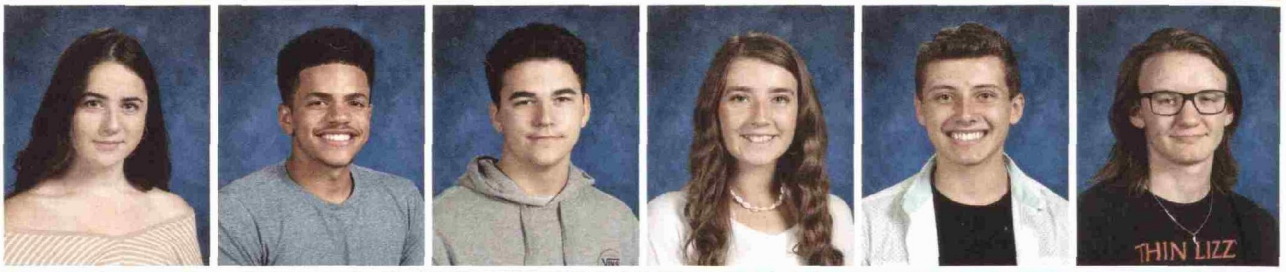
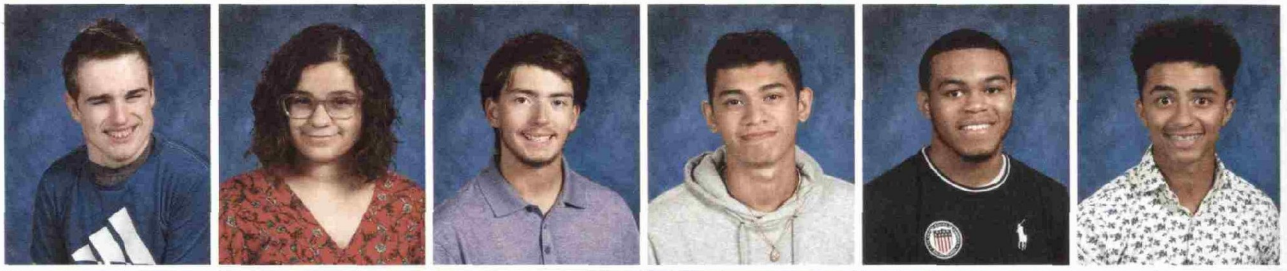
Tyler Hennessy
Thomas Henry



Daniel Herbst
Carina Hernandez
Robert Hernandez
Olindo Herrera
Daelon Herron
Grayson Hill



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Ryan Hjertquist
Nathan Hodor
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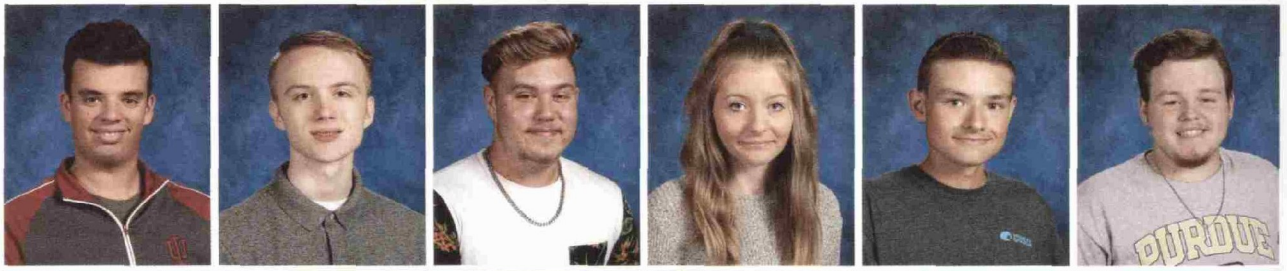
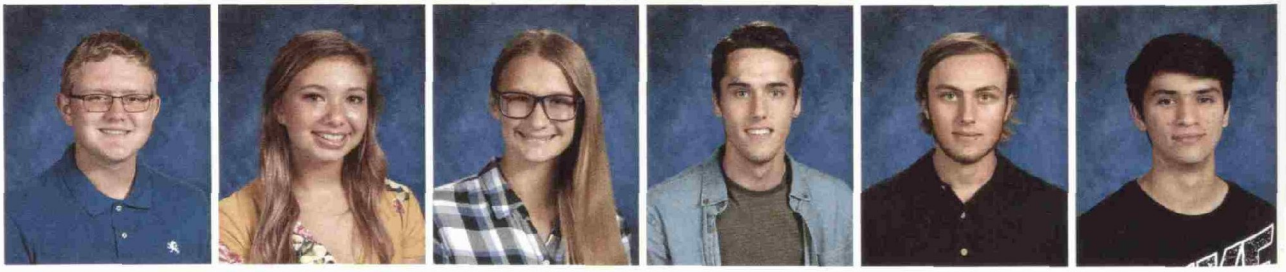
Jacob Hoekema
Theodore Hoff



Elizabeth Hoffman
Kaylee Hoffman
Mackenzie Hoffman
Morgan Hoppe
Gracie Horning
Connor Howard

Andrew Huffman
Hanna Hullinger
Skylar Hummel
Jeremiah Hunt
Damian Huppenthal
Anthony Hurd



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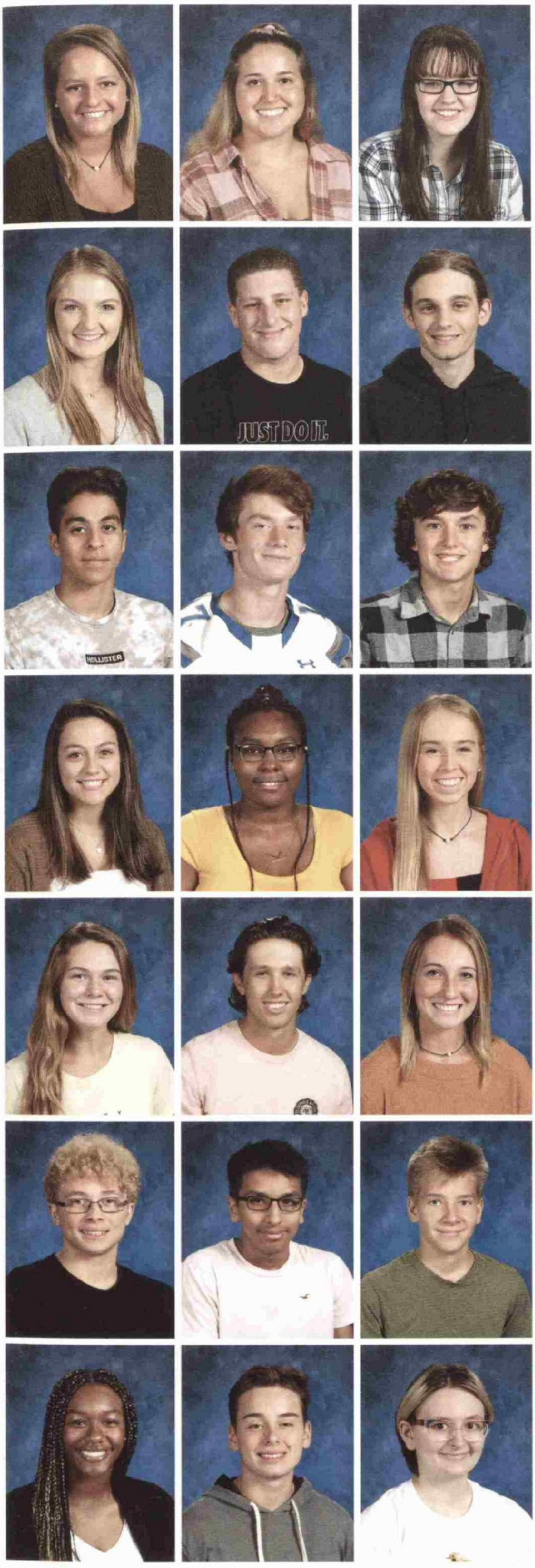


Samantha Hurubean
Gabriella Hyre
Alexis Hyzy

Ashley Immig
Mohammad Isa
Jacob Ispas

Murad Issa
Jarred Ivey
Hunter Ivin

Dylan Jackson
Kieara Jackson
Julia Jacobson

Taylor Jaksich
Alexander James
Jessica Jentsch

D'Andre Jerman
Azrael Jimenez
Paul Jochmann

Alexis Johnson
Caleb Johnson
Brom Johnson

BEST LUNCH FOOD

poll out of 331 seniors

72

BOSCO STICKS

"I like [bosco sticks] because if I don't like [the day's] lunch I can always eat bosco sticks."
Zeta Johnson

51

CORN DOGS

"I've been eating them since elementary. I like that they're small and easy to eat."
Hanna Hullinger

50

CHICKEN NUGGETS

50

NACHOS

45

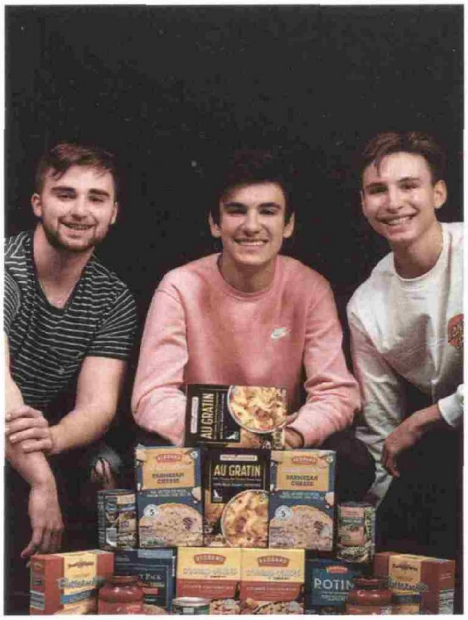
PASTA

41

PIZZA

22

CHICKEN SANDWICH



The boys sit together with donations for their charity: Food Driven. The three of them started this charity about a year ago.

A Drive to Give Back

In hopes of giving back to their community Hamza Abughofah, Connor Kaurich and Joseph Lopez began their charity, Food Driven. They saw their opportunity to give back last year around Christmas.

"We basically created a way to donate food and goods easier. Someone can go to our website and select a time and date where we can come and pick up their donations from their doorstep. We are basically the transportation for donating goods to local food banks," Kaurich said.

The boys had known each other for years, and their bond helped them to create the charity. The process of building Food Driven made an even more special bond between the friends. The charity has helped them mature as they took on bigger responsibilities.

"I've known them since elementary school I think it has helped strengthen our bond and mature us," Abughofah said.

Being seniors in high school means the boys will need to decide what they want to do once they graduate. After high school, the boys are planning on going to college. This means they must come up with an idea once they leave. Luckily, because of the support of many helping hands, they are optimistic about Food Driven's future.

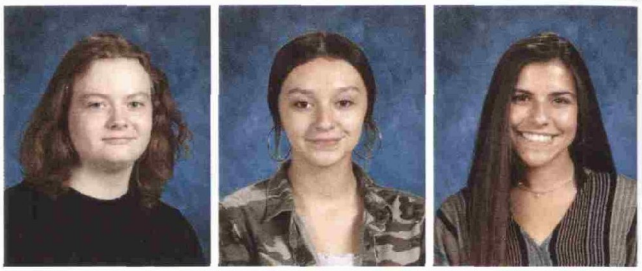
"We're seniors now, so we will be going to college. We want to hopefully expand it to the different areas of the U.S. We already have regular sign-ups the drivers can apply to," Lopez said.

Hamza Abughofah, Connor Kaurich and Joseph Lopez

Madeline Johnson
Morgan Johnson
Zeta Johnson

Aaron Jones
Chamira Jones
Cristian Jones

Joseph Jordan
Isabella Jovanovski
Nina Joy



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Brian Kacerski

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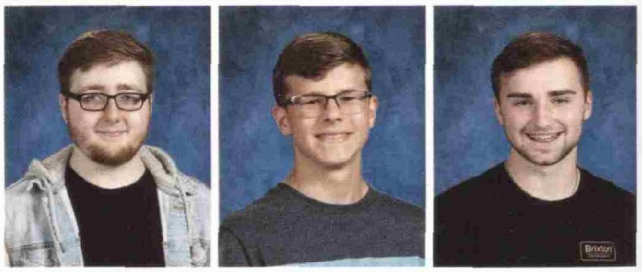
Connor Kaurich



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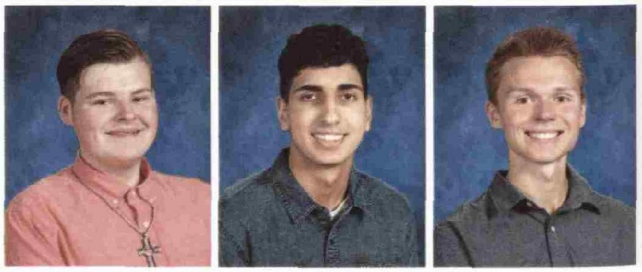
Nicole Kenda

Zachary Kettell
Amitoj Khatra
Kyle Kilinski



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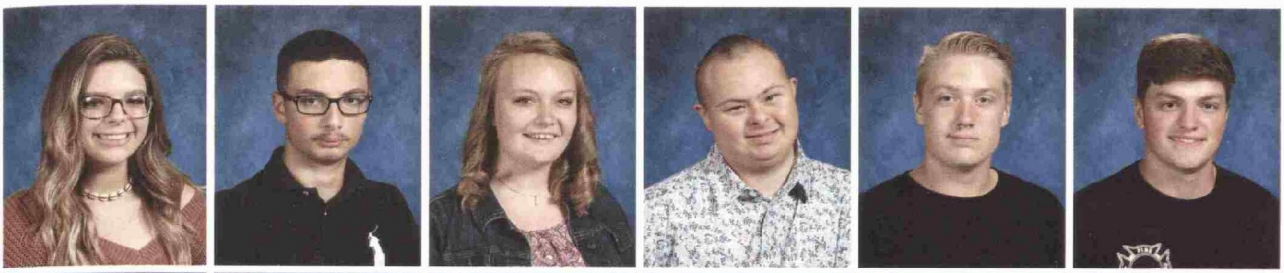

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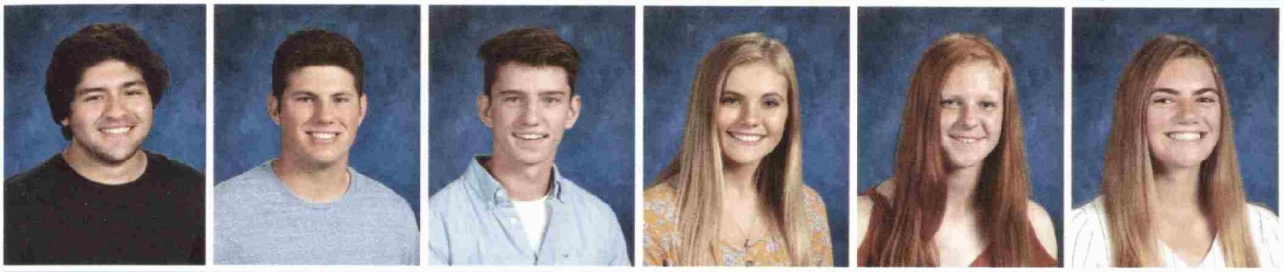

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Rachel Kujawa

Mackenzie Kusbel
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Paige Lambert
Andrew Lane
Hailee Langwinski

Morgan Lareau
Zakhery Lauderdale
Erik Laudermilk
Abigail Lawson
Anthony Leber
Natalia Lesko

Derek Leyba
Cindy Lin
Vicki Lin
April Lindemann
Rachel Linker
William Loaiza

Douglas Loden
Cole Lopaczynski
Adilene Lopez
Cuauhtemoc Lopez
Hector Lopez
Isabel Lopez

Joseph Lopez
Kaitlyn Lopez
Noah Lopez
Antoine Loubeau
Christopher Lowe
Alena Ludwig

James Lustig
Hailey Lyda
Adison Lytton
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Robert MacNeill
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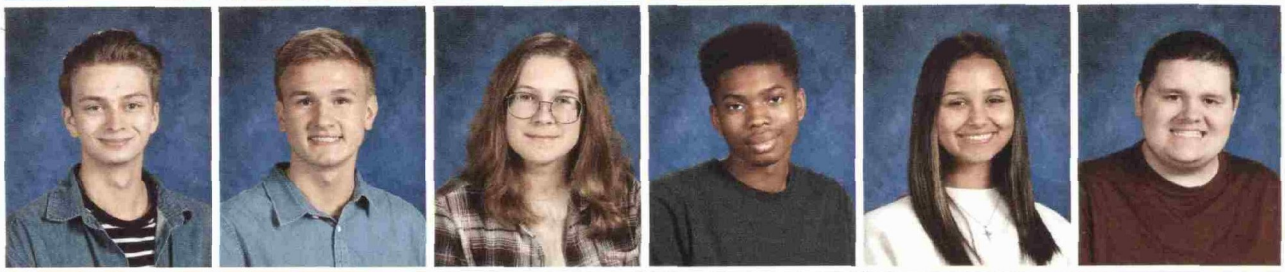
Jacob Malatestinic
Taylor Mangold
Jalen Manney
Carissa Mansfield
Alexander Mantoan



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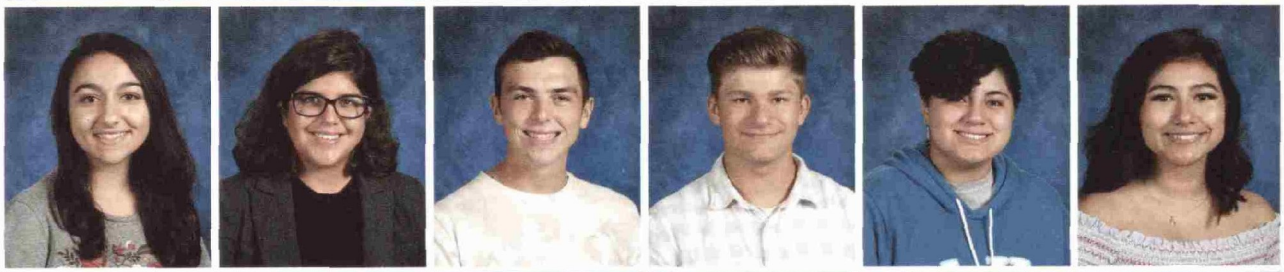
Hannah Markley
Korey Marlow
Jake Martin
Alana Martinez
Mia Martinez



Victor Martinez
Kamille Mastronardi
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Justin McCall
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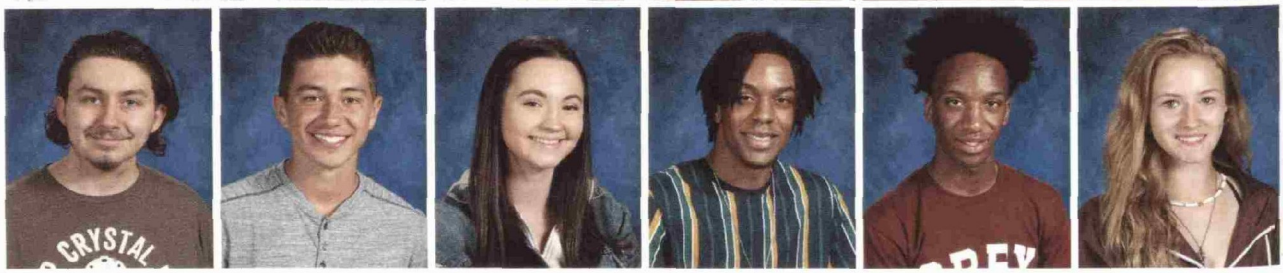

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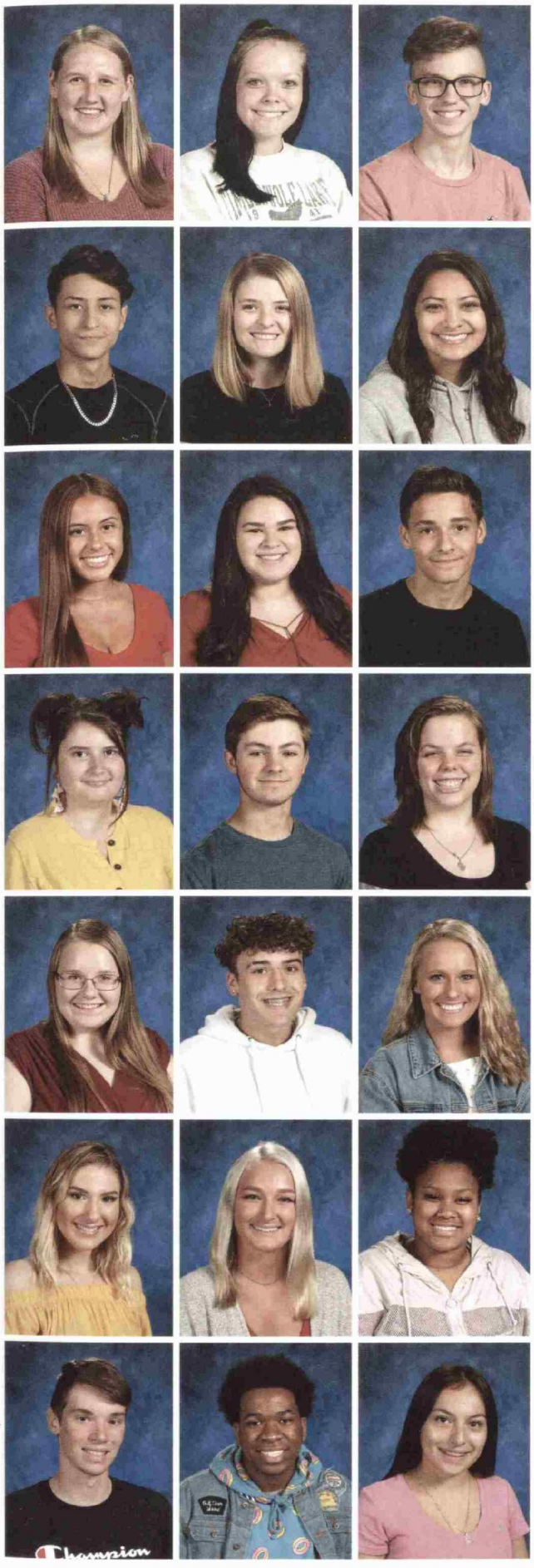

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Rayne McGill
Brandon McPherson

Reggie Medina
Jade Mehok
Miranda Mendoza

Natalia Mendoza
Rachel Mendoza
Thomas Michor

Zoe Miller
Alexander Miller-Swain
Michelle Millon

Kathryn Mink
Anthony Minotti
Samantha Misirly

Rebecca Mitchell
Skylar Mitchell
Monya' Mitchell-Brewer

Dylan Moffitt
William Monegain
Sofia Montano

WHO IS YOUR FAVORITE TEACHER?

Michaela Spears "Mrs. [Ann] Downey [Physical Education] and Mrs. [Karen] Arehart [Physical Education]. They try their hardest to ensure their lifeguards are guarding properly and attentively. Their impact on teaching students how to save lives will always make a difference."

Megan Cluck "[Mr. Nathaniel Jones, Music] is the perfect mix of sarcastic and supportive, and he's helped me gain so much confidence in my abilities in the past four years. I definitely wouldn't have enjoyed choir nearly as much with any other teacher."

Alexander Miller-Swain "My favorite would have to [be] Mrs. [Cindy] Lale [Spanish]. She was always super fun and was more of a friend than a teacher. She's super sweet and made it easy to learn in class."

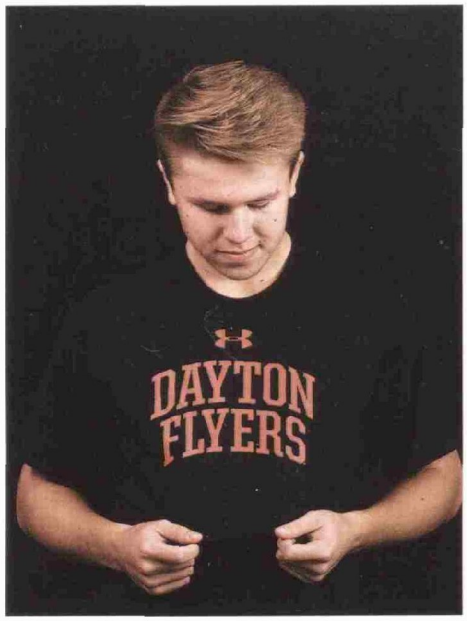
Hailey Whennen "My favorite teacher is actually retired; his name was Mr. [Eric] Bushong [Mathematics]. He was a person I could always talk to about general stuff and a teacher I really trust. He taught me my math skills because I was horrible at math. He really helped me with that stuff and he would always have welcoming arms and a good classroom setting."

Morgan Mathews "My favorite teacher is Mrs. [Theresa] Zentz [Social Studies]. She is really nice and caring about her students and she shows effort."

Nicole South "My favorite teacher is Mrs. [Kelsey] Becich [English]. She helped me grow not just as a writer, but as an adult. She's a tough teacher and she won't coddle anyone, so I really had to learn time management and being more responsible and because of that, I'm more successful now."

Stefanie Angus "My favorite teacher is Mr. [Ronald] Fredrick [English]. I had him for English freshman year and he was my favorite because he was the first teacher I had to treat students like adults. He knew we had potential and never underestimated us."

Hedaya Saleh "My favorite teacher is Miss [Amy] Rokita [Specialty]. She is an English teacher and she is my favorite because she is a very understanding person and also very kind. She also explains things very well in class and makes sure we're not stuck on any problems."



Brock Begesha shows off a University of Dayton shirt. Begesha has been committed to the university since his sophomore year.

Coming in Committed

Brock Begesha spent his sophomore year doing what most prospective college students worry about during their senior year. Since December 2018, Begesha has been committed to the University of Dayton where he will play for their baseball team. The university will be paying 82% of Begesha's tuition.

"Dayton's academics are just really good all around. I'm not sure what I want to major in, so I want to go to a school with a wide range of strong majors. Dayton also has a really beautiful campus and they have an up-and-coming baseball team that's going to be really good," Begesha said.

Committing to a college early in high school can help take away the stress that many seniors face when applying for colleges.

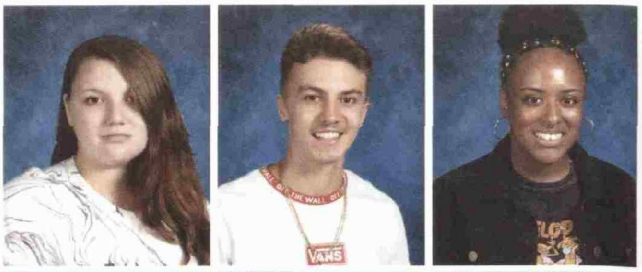
"I know a lot of people who talk about how they're stressed about applying to all of these colleges and getting in, so it's definitely taken a big weight off of my shoulders. I can't say that I have had any regrets. I was really sure even before they told me they were interested. I did my research and I knew I was going to be interested," Begesha said.

Having a plan for his next four years has allowed Begesha to be excited for his future college experiences playing baseball through the University of Dayton.

"I'm looking forward to getting a good education and playing baseball. It's going to be really good competition with some of the best teams in the country. I'm hoping we win some games and have a good time," Begesha said.

Brock Begesha

Mckenzie Montez
Jack Montgomery
Akeila Moore



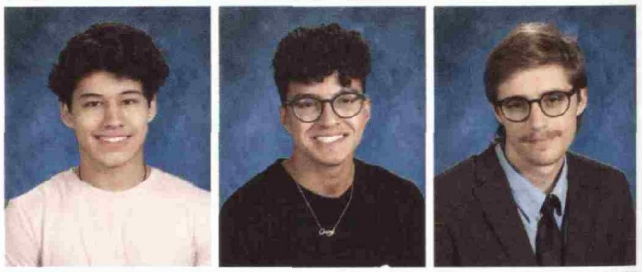
Carter Moore
Jillian Moore
Kylie Moriarity

Diane Morin
Anna Morris
Klaudia Morsovillo

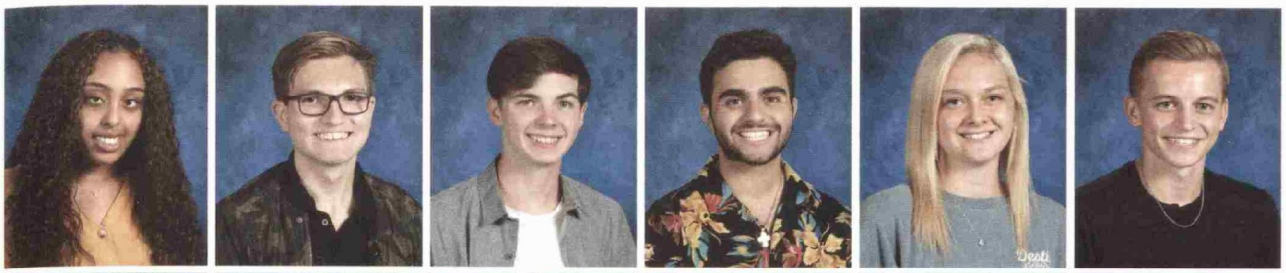
Emily Mosher
Allison Mularski
Margaret Mulligan

Tatum Murawski
Basel Musleh
Jack Myers

Ethan Myszak
Yousef Nammari
Erik Napiwocki



Dimitri Nassenstein
Jasmine Navarez
Julia Nawrot



Mariah Neely
Cameron Nestorovski
Charles Newton
Alexandros Nicolaou
Madelyn Niewiadomski
Harley Nighbert

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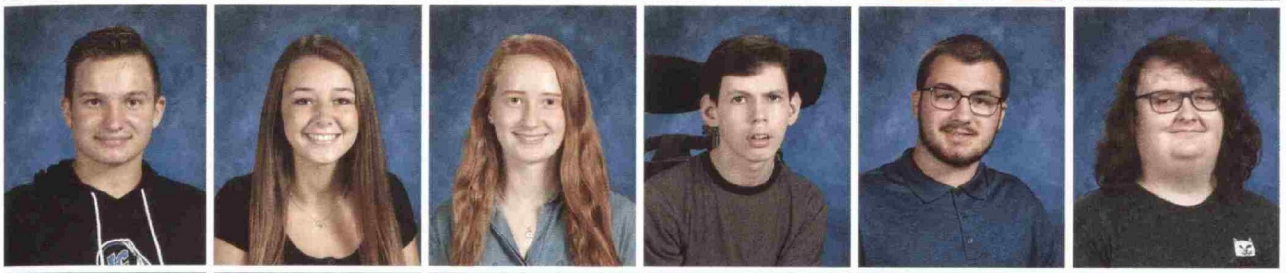
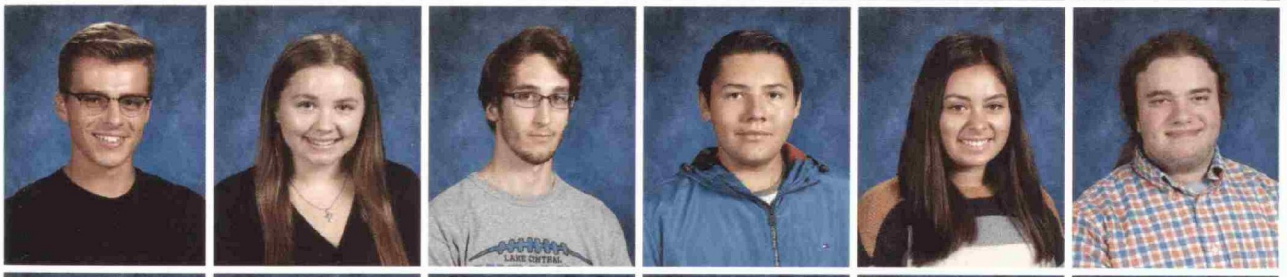
Honey Nilson
Blessing Nnate
Jessica Noblett
Susanna Noonan
William Novosel



Daniel Nykiel
Katie Nylen
Caitlin O'Brien
Chase O'Connor
Ryan O'Connor
Patrick O'Donnell

Mariya O'Grady
Zachary O'Hara
Aidan O'Neill
Joseph Obbagy
Andrej Obradovic
Jeremy Oosterbaan



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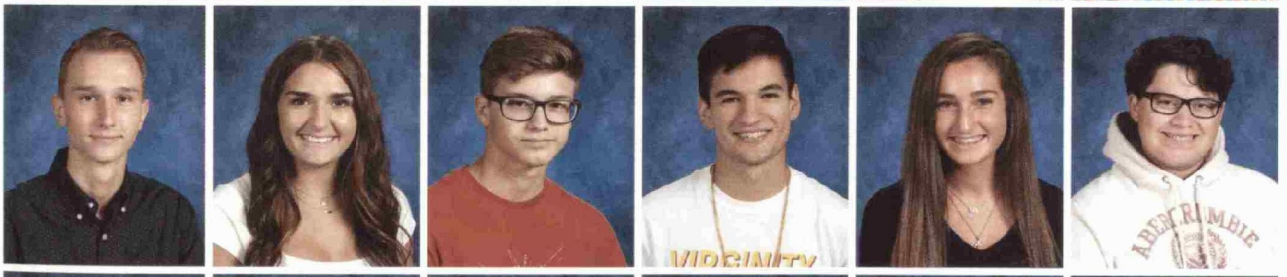
Kaila Ormerod
Matthew Ossanna
Anthony Otten
Maria Pacheco
Vincent Palermo



Andrew Panczuk
Trina Pappas
Xavier Pappas
Victor Paredes-Mikuly
Isabella Pavloski
Ricardo Paz

Madelyne Pedroza
Nicholas Peloza
Marissa Penwitt
Alorah Perez
Israel Perez
Samantha Perez

Aaron Perry
Luke Persun
Ava Peters
Alexander Peterson
Kaylee Piecul
Victoria Pieters

Jacob Pietranczyk
Ethan Pinarski
Rebecca Pinon
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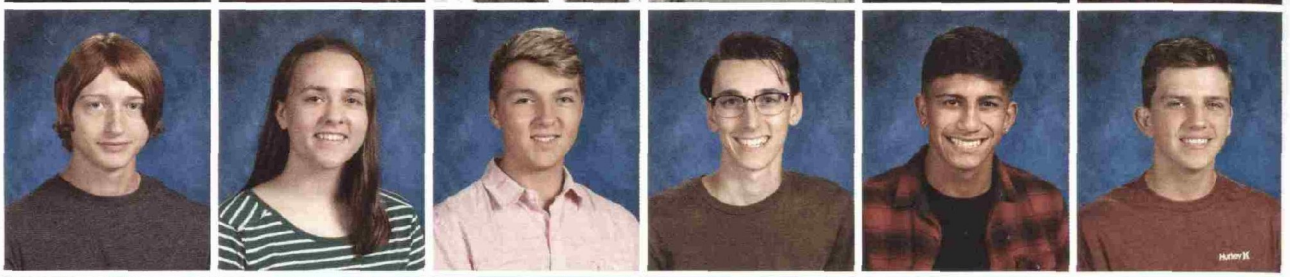
Owen Potucek



Sophia Powers
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Jade Prescaro
Kayla Price
Marc Prince
Miranda Prowse

Angeliki Pyrros
Sabrina Qadri
Samantha Quinlan
Mackenzie Rainwater
Andrea Ramirez
Ethan Ramos

Zachary Rangel
Demetrios Rauch
Gianna Rea
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Vanessa Rodriguez
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Nolan Rogers

Tori Rosenbaum
Eric Ross
Hope Ross

Hannah Roth
Matthew Rovai
Aubrey Rowser

Michaela Roznowski
Kayla Rubio
Jenna Rugis

WHAT HAS BEEN YOUR FAVORITE HIGH SCHOOL MEMORY?

Casey Ford "My favorite high school memory is when my godmother got a foreign exchange student named Elina and we had lots of classes together and did everything together. We even took a trip to Florida. It was really cool getting to meet someone from another country during high school."

Tatum Murawski "My favorite high school memory would probably be last year's homecoming football game. Even though it was freezing cold and raining, I was surrounded by my best friends and we made it a good night. It was fun and we had a lot of spirit."

Nathan Polarek "My favorite high school memory is when I fell down the stairs my freshman year. I was running down to try and get to the fieldhouse from the main gym. I was in a really big rush and I rolled all the way down, and it hurt really badly."

Kalli Blankenship "My favorite high school memory is going to football games and basketball games with my friends. It's my favorite memory because I love hanging out with my friends and it's fun."

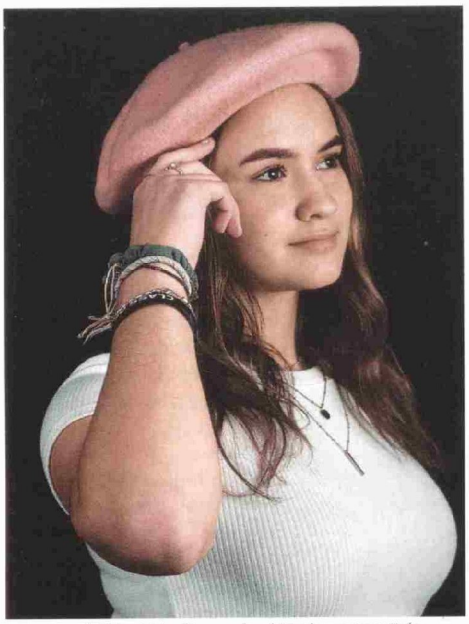
Maria Pacheco "My favorite memory was becoming an athletic trainer for the football team. I made a lot of friends and I got to know a lot of the football players which created more friends."

Jake Martin "My favorite high school memory would probably be winning [baseball] sectionals my junior year against Crown Point. Everyone was expecting Crown Point to beat us; we came out on top."

Amber Engelhaupt "My favorite high school memory is playing volleyball. I liked having a second family, which made it my favorite. I chose this memory because I have done it for all four years."

Kamille Mastronardi "My favorite memory is spirit week for homecoming when all of [my friends] dressed up. It was my favorite because all of the [seniors] were together in to get hyped for the game on Friday."

Hope Cooper "Freshman year I was sitting on a stool in biology while we were doing a lab, then I fell off the stool and hit my head on the counter and the floor and my head was bleeding."



Amanda Finley thinks of her new-found French experience. Finley traveled to France and studied abroad this past summer.

Loin de Chez Moi: Far from Home

Amanda Finley, in French III and IV Honors, was given the opportunity to travel to France and use the language they've been learning for the past three to four years. Over the summer, Finley studied abroad for six weeks.

"I had to speak French the whole time I was with the program, so every second of practice beforehand helped. I was beyond nervous and felt like I wouldn't be able to communicate at all. I am much better at comprehension now and I can say a lot more," Finley said.

Being engulfed in the French culture and changing daily activities is an experience that most don't get to have.

"My host family tried to take me with for as many things as possible, like sports games, movies and other town events. In our free time we went to a local shopping place called CenterVille and went out to eat," Finley said.

While abroad, Finley took two classes at a small village school where she studied everything from grammar and culture to history and literature.

"Primarily, we went to [Alliance Francaise de] St. Louis School to take our classes. The school day is pretty much the same but the environment and culture was worth the 4,000 mile difference," Finley said.

After a long six weeks abroad, coming home creates mixed emotions. Once she was accustomed to the everyday life of France, Finley was excited to come home, but she was also upset to leave.

"The trip was very challenging, mentally. The biggest problem was being disconnected from my friends and family. Throughout the trip, I made a lot of new friends and my French got better," Finley said.

Amanda Finley

Heather Runge
Brandon Rusch
Ashton Ruse

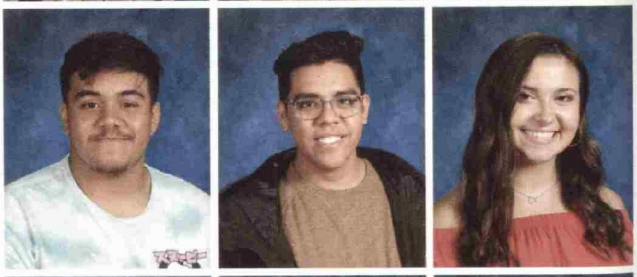
Michael Ruse
Nicole Rytczak
Alexsis Sabich

James Saggus
Noemi Salas
Alissa Salazar

Dakota Salazar
Heba Saleh
Matthew Salgado

Connor Salus
Briana Sambrooks
James Sambrooks

Angel Sanchez
John Sanchez
Madison Sanders



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Kayla Sanford
Jennifer Santiago

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Erin Seliger
Giovanni Senoyuit
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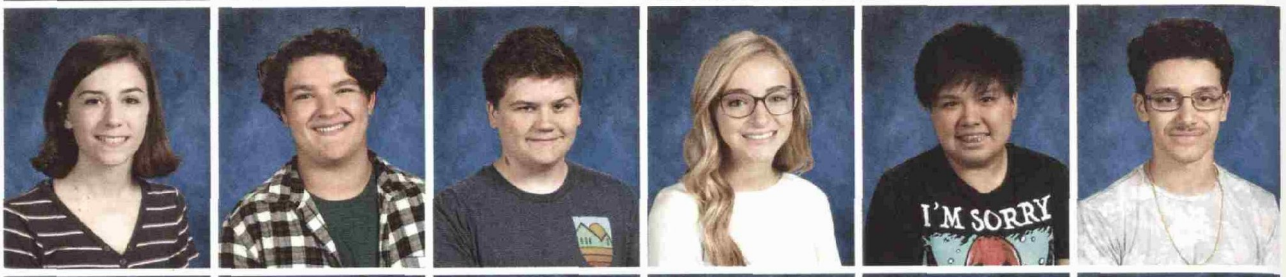

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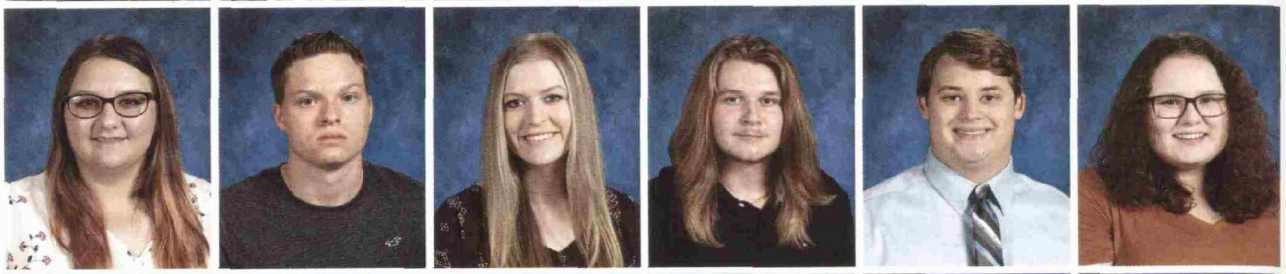
Grayden Taylor
Michael Taylor
Morgan Taylor



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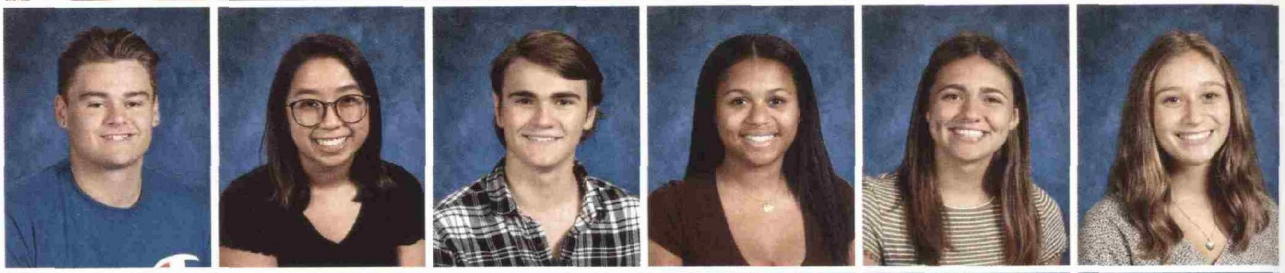
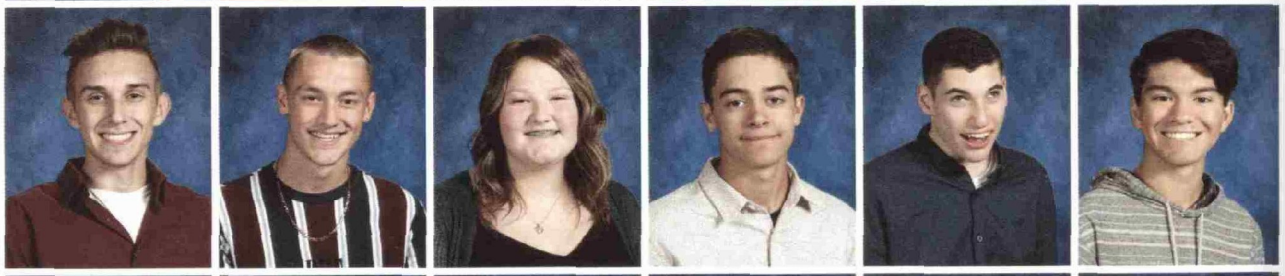
Uland Thomas
Aniyah Thompkins
Ava Thompson
Brenna Thompson



Zachary Thon
Samuel Throckmartin
Jessica Toberman
Jack Tobin
Kyle Tobin
Zachary Tobin



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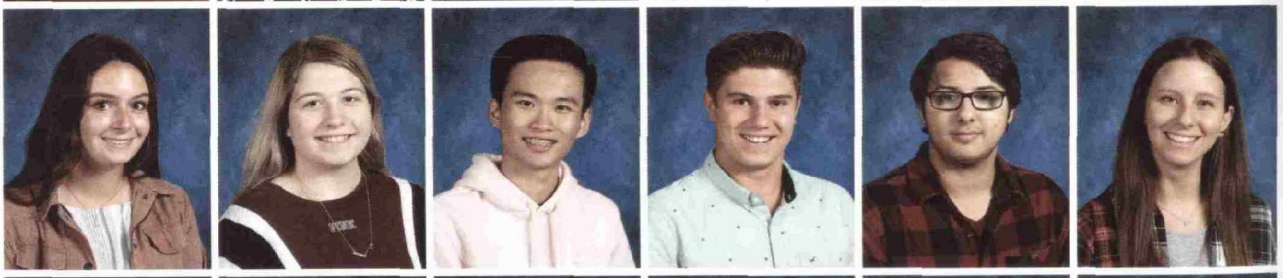
Paige Toler
Jan Eriel Albert Topacio
Michael Toporis
Dominic Torrence
Foivi Triantafyllou



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Angelika Trybunia
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Haley Turek
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Stephen VIsi
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Illian Wallace
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Isabella Watts

Kyle Wayner
Derek Webber
Grant Weir

Maisie Westerfield
Hailey Whennen
Cassidy White

PLANS AFTER HIGH SCHOOL

poll out of 319 seniors

289

COLLEGE

"I'm going to college so that I can get a degree in dental hygiene and make money to be successful. I'm going into dental hygiene because it pays a decent amount and I enjoy working with people. I'm excited to go to college because it will give me an oppurtunity to experience life on my own while still being in a constucted environment. I think college is the choice that makes the most sense for me."

Megan Cluck

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MILITARY

"The military has always been a big part in my family. My uncle was in the army and so was my grandpa. My other uncle joined the marines, because he didn't like how the army was based. I grew up with them so having them in my life and havign so many adopted uncles from the marines I grew up around it. I have always been obsessed with joining. I also want to be the first girl in my family to join."

Lindsey McCarroll

14

OTHER

"I am going straight into work after high school because I am in the Hammond Area Career Center and will be able to work in a dental office when I am 18. I will be working at a dental office right across from Lake Central right after high school. I have known what I wanted to do since I was eight years old and have worked hard to accomplish the goals I had to become a dental assistant and to work in a dental office."

Katelyn Geile

Tatum Murawski smiles for the camera. Murawski is apart of the CNA program at the Career Center.

Play Hard, Work Harder

When it comes to school, there are numerous responsibilities that a high schooler needs to juggle. Between homework, jobs and other obligations, it leaves little time for other tasks you want to do. Tatum Murawski manages her time between the Certified Nursing Assistant program, work and taking AP classes.

"Balancing all three requires work. Some days I have seven hour clinicals, and I cannot come to my school. I have to make up the work and lessons that I missed when I was gone. On top of that, I have a job as well. I work three to four days a week usually. My schedule is hectic, but I have a good work ethic and I manage to get everything done that needs to be," Murawski said.

Even though Murawski deals with a lot of tasks, she enjoys all that she does and doesn't complain when doing them. She goes to the Career Center and works for a nursing program.

"I belong to the Certified Nursing Assistant program (CNA). I love it very much. It is a stepping stone on my path to become a registered nurse (RN). Through this class, I am able to care and speak to patients at The Symphony of Dyer. The facility is for patients who are rehabilitating and for assisted living," Murawski said.

On top of all of this, Murawski also takes AP classes. Time management is a key role in her school life to stay on track.

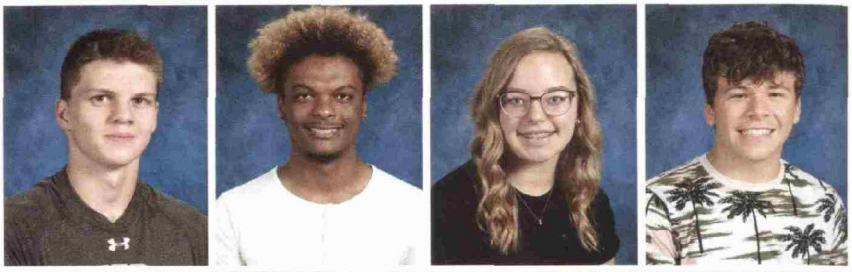
"Managing my time is not an easy task. I use the time that I am given to finish assignments and plan ahead, so I am able to be successful. I am taking a few AP courses this year. School, clinicals and work are a lot to take on at one time, but with good time management skills, I can succeed." Murawski said.

Tatum Murawski

James White
Vanna Wiechart
Jayda Wiedeman
Keysean Wigley

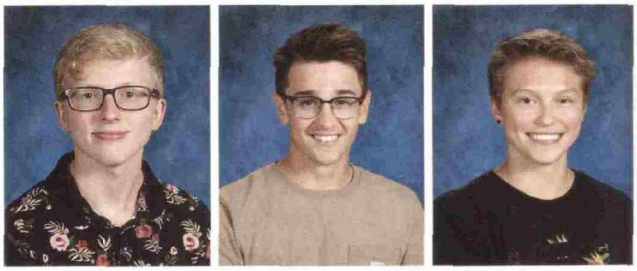
Annelise Williams
Kelley Williams
Desiree Wilson
Mike Winarski

Christopher Winquist
Wendell Winslow
Kara Wippo
Owyn Wolverton



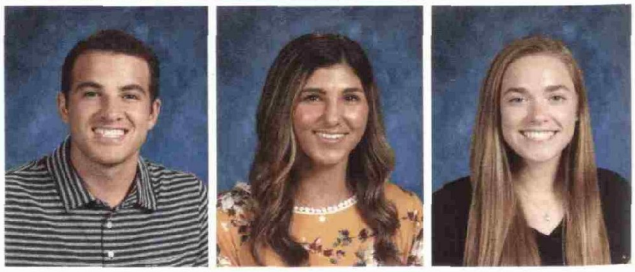
Mikayla Wordlaw
Alyssa Woznicki
Zachary Writt

Andrew Yankovich
Nolan Zahorsky
Tayler Zajeski



Evelyne Zambrano
Anastasia Zervos
Hunter Zezovski

Gianluca Zomparelli
Lily Zomparelli
Lillian Zubeck



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CENTER OF A SOCIAL ERA

In recent years, social media has boomed amongst teenagers looking to make themselves known across multiple popular platforms

Internet Impact

"I decided to start my YouTube channel last year because I wanted to put myself out there. I wanted to do something other than school, so I wanted to make something to express myself on a social media platform. Ever since I started my channel I've been wanting to go into cinematography or film. My life has been affected because I get people who Snapchat me 'This was really amazing, this was awesome, I really like your content' and it just makes me feel good. It also makes me want to do even more because I want people to let me know how it's making them feel. I feel like YouTube is meant for people to learn off of to explore your likings. I think social media has gotten really huge because you see people on the platform that you want to be and you learn how to be that person through their videos. By having this platform people want to branch out from their norm and possibly pursue something they want that they didn't even think they could do. I think that's what's amazing about social media."

JACKSON LOPEZ (11)

Conflicted

"Social media to me has impacted me in both positive and negative ways. It makes me question myself a lot, like my appearance and self conscience. But I'm also happy I have social media because it can bring me joy as well. I use Snapchat, Twitter, Tik-Tok, VSCO and Twitch. I would say that I use Snapchat the most because it's my favorite to use. I just like taking videos/pictures of the stupid stuff I do. It's a fun way to communicate with your friends."

Maya Ganser (10)

TikTok Addiction

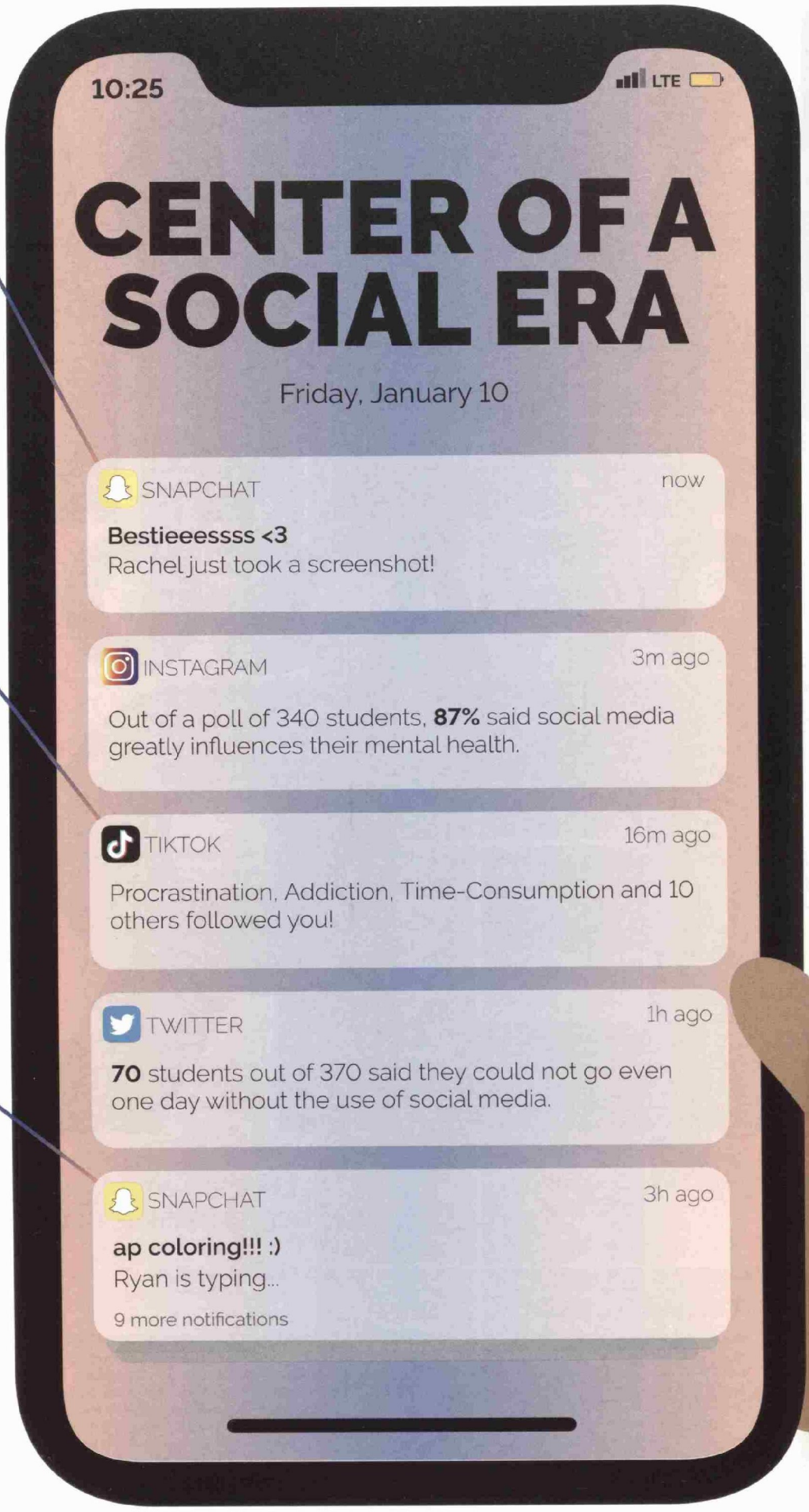
"My favorite social media to use is probably TikTok, it is super funny to use. I spend the most time on TikTok, it is just really time-consuming. I find it really addicting, I don't even use it. I just watch other people's Tik-Toks because it's really funny. For the most part, I get my news through social media. I watch the Snapchat News one the most. I only use Instagram, Snapchat and Tik-Tok. Social media is really time-consuming, so I try my best to limit the amount of social media I have."

Quentin Enyeart (10)

Quick Update

"Social media has affected me in a way more positive way than a negative way. It lets me communicate with other people, so I see it as a good thing. I would say Snapchat is my favorite social media to use because it is the most commonly used social media app among high-schoolers. I get my news through social media. It is extremely convenient and easy to quickly get my news on Snapchat. I only use Snapchat because I do not see a need for any other social media."

Ethan Schassburger (10)



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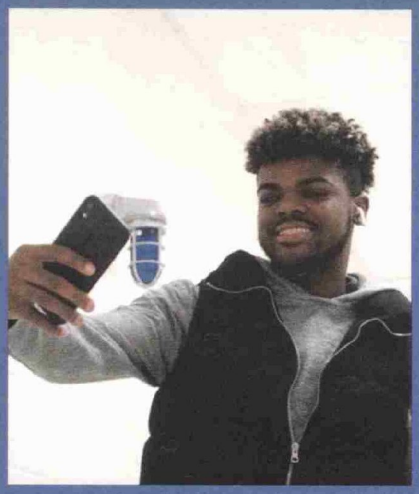
Social Showcasing

"I feel like social media for me is something that I can check [on] friends with, promote stuff and give people my art or allow other people to view how I am as a person. I [post] my art to look good [on] the platform [and] I can get promotions or people can just look at what I have on my Instagram. My social media page can help me in the long run. If someone wants to have me in a play or a show, I can promote that, too."

Tony Flowers (12)



Global Influences

"I only use Snapchat and sometimes Instagram if I'm tagged in a photo or something. I use Snapchat to make friends with friends, if that makes sense. I use it all around to communicate with friends. I think it has affected me and others in a mainly positive way because we get to talk to each other and get to know one another better as friends. When my future is definitely set into the stone, then maybe I'll use Twitter or Instagram to help build a better portfolio if my future job wants to look into me or something like that. I started using social media like four years ago. I started using this social media app I have called WhatsApp because that's how me and my friends from my hometown in Jamaica communicate. I started using Snapchat because that's what a lot of Americans use here, and that's how I talk to my friends that are here along with iMessage and sometimes Instagram. I post fun things I've done or questionnaires for people to answer or that I want to answer."

Chloe Campbell (11)

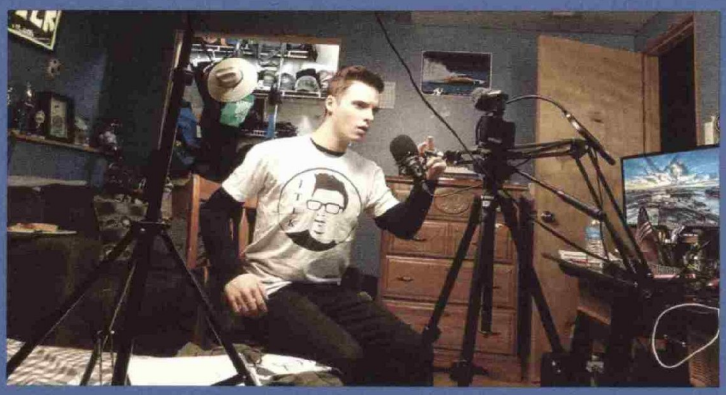
"I WANT TO USE SOCIAL MEDIA TO IMPACT OTHERS. I WANTED TO MAKE [MY YOUTUBE CHANNEL] SOMETHING TO EXPRESS MYSELF ON A MEDIA PLATFORM."

Jackson Lopez (11)

Like, Comment, Subscribe

"I started [my YouTube channel] out of a necessity to share my passion, which is lawn care. Lawn care has been something I would use as a kid to relieve stress. I post informational content, teasers for videos that type of thing, just general stuff that relates to my topic. Absolutely everybody is on social right now. I educate people on how to take care of their lawns. I guess the way that [social media has] impact[ed] my lifestyle, my business and all of that is it has taught me how to be a better person, because before I started I was very lonely as a kid. I didn't get along with people. I just didn't fit in with anybody. But once I developed a little bit of footing, then that's when I started to find a community and realized that could become something. That's how it started. That's how it benefits me. It's a place where I can interact with people with a common interest and make connections that are irreplaceable."

Jacob Sullivan (12)



LET IT OUT

Stress and pressure are seen in many peoples' daily lives. People experience stress in different ways. School can be a main cause of stress and pressure for many teens, from homework and clubs to social pressures.

Facing the Future

"School is stressful mostly due to all the subjects and due dates overlapping. I'd say the most stressful things include things that are going to be critical for the future and colleges and careers. Also, I'm a pretty big procrastinator which makes everything a lot worse when dealing with stress. Taking time to set the topic aside and relax with some music or hanging out with people to distract myself can be nice, just a distraction so I can go back to the topic a little less stressed."

Isabella McCoy (11)

Project Delay

"Big school projects and tests stress me out, especially when it's a close deadline. I try to handle stress by not procrastinating and getting stuff done as soon as I can. I don't post my stress on social media because I don't like to post too much on social media regardless. People don't usually talk about stress. But, [stress] is a normal thing and it should be talked about more. People need to realize that it's a very common thing to have."

Cassandra Smolen (9)

What's Next

"I think I'm stressed by the fact that school puts a high expectation on us knowing what our plans are after high school. This stresses me out because cramming a whole life plan into four years of high school and being only 16 is pretty scary. I don't know what I want to be a couple years from now or what's best for me when I become more independent. I don't know how I can be expected to plan so far ahead while being so young. When I'm stressed, I find it harder to breathe and I blank out but usually a good run or a talk with my sister clears up my head space. She'll tell me a joke or let me vent my day to out to her. She's such a great help."

Isabella Simkus (10)

"[STRESS] OVER STIMULATES MANY OF US AND WE AREN'T TAUGHT HOW TO PROPERLY HANDLE IT AND THAT'S AN ISSUE."

Zeta Johnson (12)

Take Deep Breaths

"I think it being junior year, a lot of stress has to do with the fact that this is really important for colleges to see this year. The lack of sleep we get is also a big factor causing stress and other extracurricular activities all overlap. It's really hard to balance everything, especially if you have a job. It causes you to also slip into maybe depression or other bad things and thoughts that don't keep you motivated or leave a positive influence in your life. It can really have a negative toll on you. I try to take a break from whatever I'm doing, take deep breaths and do something fun that I'd rather be doing. Also [I] look at the positive of things not the negatives and downsides, and just look more into things that I'm doing that weekend or something that's up coming and really fun, and just know that I have lots of friends and family that support me all the time. Stress can be really detrimental to our health in the long run and doesn't solve anything, so it's always good to look on the bright side of things."

Perry Pappas (11)

Maintaining Balance

"I become stressed when I take on too much responsibility. I put a lot of pressure on myself to succeed and overachieve. With work, school and extracurriculars, I have to fit a lot of stuff in. I handle my stress by taking a break or a day to myself. However, I don't get stressed as often as some others might just because I have started to find a balance between life and school. I didn't always have that balance though. It took a lot for me to realize that I had to manage my time better. I would sometimes be late to school because I didn't get enough sleep. No one really talks to me about [stress] mostly because I like to handle things myself, which also contributes to the stress, but that is simply how I maintain balance to realize that I can do anything I put my mind to."

Aaliyah Walker (11)

Self Talk

"I find myself stressed when I get overloads of homework. I get so much especially being in an AP class, which is double the homework as my normal classes. All the work gets in the way of my sleep and really slows me down the next day because I'm so tired. I often find myself breaking down but after a self talk I know I can get through it, and in the end it all works out. I also go to my mom to talk out my stress; it helps a lot knowing I have support. I think stress comes with everything though, especially school. I think we all stress a little bit."

Brianna Alvarado (10)

A LOT TO CARRY ZETA JOHNSON (12) SITS ON HER BED. JOHNSON IS STRESSED OVER HER HOMEWORK. PHOTO BY: KELLY HAYES

UNMASKING MYSELF

Many students struggle with their mental health at some point in their lives. Mental health issues are becoming much more openly-discussed in today's society.

Open to Opinions

"I believe before mental health wasn't a problem, but now that more cases and people with mental health issues have been dealing with violence, it's becoming more concerning. People want to fix it now or sooner before it can lead to something more serious. I believe that the media doesn't show the full story of mental health because multi- mental health is still something that scientists are still trying to understand and grasp. I think the media gives opinionated reasons why illnesses happen and their own view of mental health and not others. If people know what other people go through, I don't think they would judge them at all."

Christopher Logan (9)

Common Concerns

"I think that people don't want to talk about their mental health and if you have an issue going on, you're looked at as less than someone else that won't admit it. The real thing is that a lot of us have issues going on but just aren't as expressive about it. I feel like if you're open about mental illnesses in general and if it's something that you're comfortable discussing, it makes people around you more comfortable. I think people just need to be more informed on mental illnesses and realize that it's not necessarily [a bad thing]. People automatically assume that it's something insane when it's really just a common issue. I know a lot of people that I'm close to won't go see people for help and feel that they can't do that."

Alexandria Henderson (11)

"I THINK EVERYONE COULD BE MORE UNDERSTANDING OF OTHER PEOPLE'S STRUGGLES INSTEAD OF JUST CARING ABOUT THEMSELVES."

Juliann Rymarczak (11)

Juliann Rymarczak (11) holds a mask up to her face. Mental health has had an impact in her life.

Page By: Taylor Anderson, Jade Melnik, Emily Prince, Justyce Reed, Molly Tkach and Jordan Zinsko

Crucial Conversations

"Going back to the 1900's and seeing people being checked into mental asylums just for having anxiety but nowadays, violence is taking a major toll. Mental health is a difficult topic [to talk about] but it's also one that needs to be discussed. Even if it is discussed a lot, it needs to be talked about in the right sense. A way the school can make mental health better is to stop being so cliquey and judgemental."

Isabella Stanley (11)

Understanding the Difference

"I think we need to understand the differences between just having a bad day or a bad period in your life versus a true mental disorder. I know when we talk in class I don't want everyone walking out thinking they now have a mental health issue, when some of it is just normal life and normal challenges and struggles in everyone's day to day life. Just because you experience anxiety doesn't necessarily mean you should be diagnosed with an anxiety disorder. I think if teachers learn more about the struggles that students go through it will help them have more patience and build a report. I think sometimes all of us forget that students go through things, because as teachers we are here to teach academics."

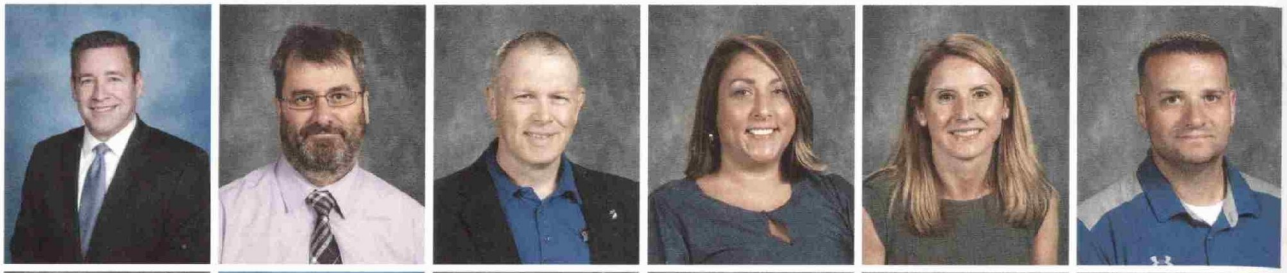
Mrs. Teresa Zentz, Psychology

Talking it Out

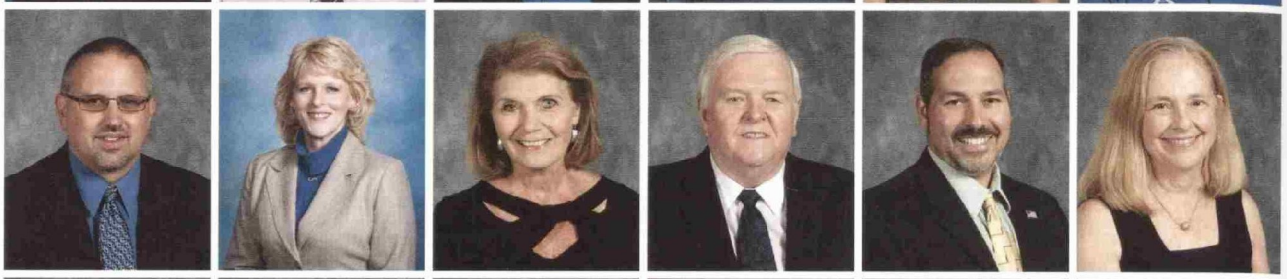
"You have to love yourself to be happy and in order to love other people. I think there is judgement when people open up about having a mental health issue. People think they have a problem or they're crazy but it could be a chemical imbalance in their head or their serotonin levels are down or they just simply need someone to talk to. I struggle with social anxiety, major depression, OCD and panic attacks. I see a psychiatrist, but I talk to her for medicine so just because I see a psychiatrist doesn't mean I'm psychotic. I thought I was depressed, but soon was diagnosed with anxiety. I talked to my mom and I was embarrassed to talk to her and that shouldn't happen. You have to talk to people in order to get better."

Johnathan Catlett (12)

Don Bacso
Edward Beck
Sean Begley
Cameron Cain
Sarah Castaneda
Chris Enyeart



Rob James
Sandra Lessentine
Janice Malchow
Howard Marshall
Richard Moore
Terry Mucha



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Mary Rebey
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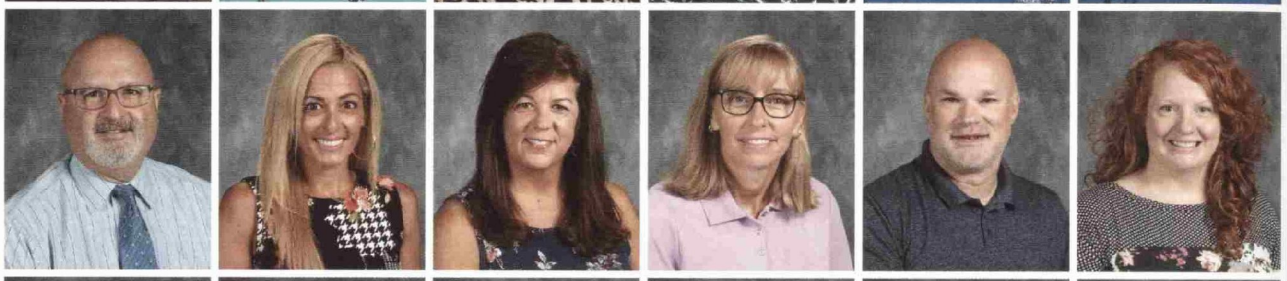
Bridget Baird



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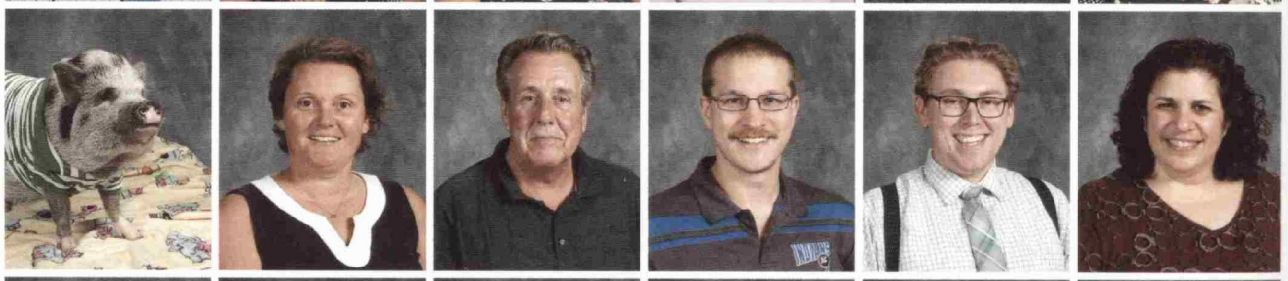
Blandine Baldwin
Tim Bannon
Joseph Baranowski
Steve Bazin
Georgia Bissias



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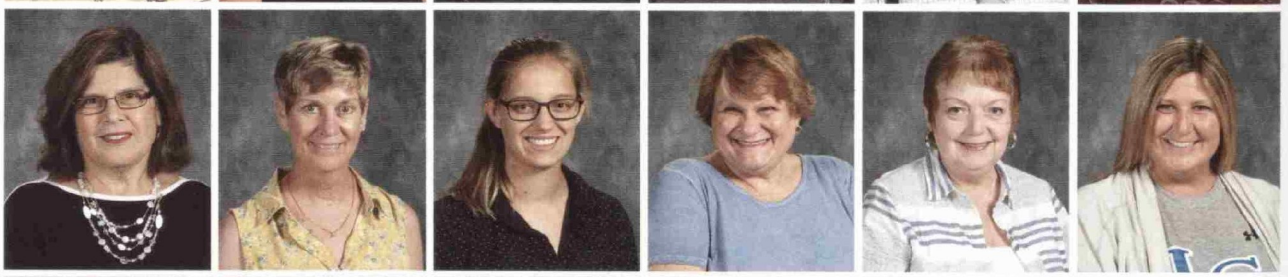
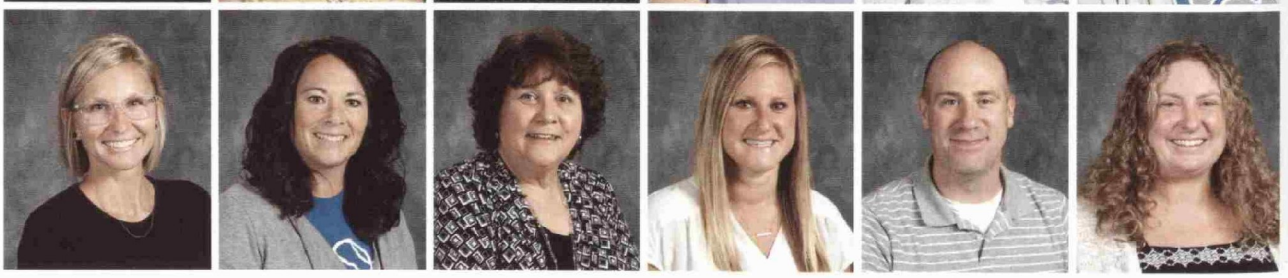
Jennifer Boeber
Candace Boone
Carol Borowski
Beverly Bovard
Deanna Brack



Tabitha Brinsfield Davis
Carrie Brown
Rita Chavez
Marissa Clabaugh
Josh Clark
Katie Clark



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Holly Fischer
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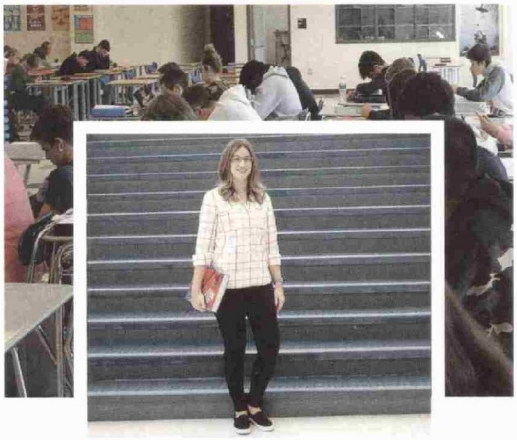
Kimberly Freeman
Marty Freeman



Ms. Natasha Jovanovic, Science, poses with a biology textbook. Jovanovic is currently in her first year of teaching.

FACULTY FIND THEIR HOME

NEW FACULTY MEMBERS ARE WELCOMED INTO THEIR NEW TEACHING POSITIONS

With a teaching staff of 146 members, 12 new teachers were added at the start of the school year. Whether they are new to teaching, are looking for a change or seeking a job after retirement, they have all spent their college years preparing for their first moments in the classroom.

"I went to Indiana University Northwest and double majored in mathematics and secondary education mathematics. When I was in college I had a very awesome math professor. She sparked my love for math and she encouraged me to go for secondary math education because it was such a high need," Ms. Jessica Reid, Mathematics, said.

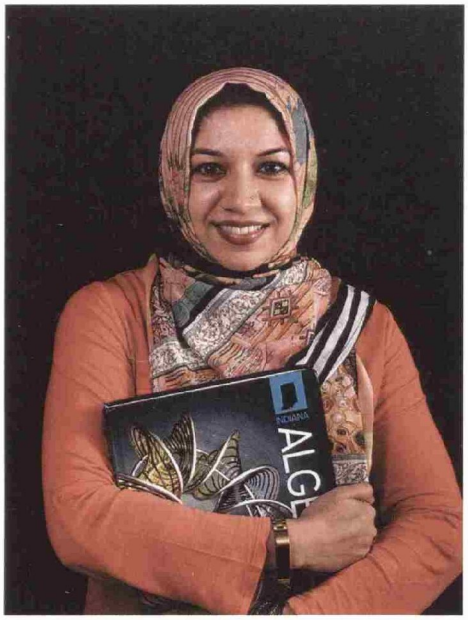
Some of the new faculty members noted the warm welcome they received upon starting their new job.

"It's just about being an inspiration in this classroom," Mrs. Tina Barnett, Study Hall, said.

"I love it so far. The students have a great work ethic and everybody is super friendly as far as the staff goes. Everybody's willing to help out a new teacher and I enjoy being here everyday," Mrs. Jennifer Schmidt, Family and Consumer Sciences, said.

New teachers may also find success within the interactions they have with their students, as student success could lead to teacher success.

"The students are awesome and they show me the utmost respect here in the classroom. Of course, you have to set the standard and they follow through. I try to encourage them and inspire them to soldier through if it's not a good day because the next day the sun will shine. It's just about being an inspiration in this classroom," Mrs. Tina Barnett, Study Hall, said.



Mrs. Sumera Shakir, mathematics, holds an Algebra book. She has been a substitute for years and is now a permanent teacher.

Road Back Home

Mrs. Shakir, Mathematics, has a long history with Lake Central. It is her alma mater and current workplace. Between her high school years and teaching years, Shakir was a substitute teacher for Lake Central.

"When I started subbing and I was in that school environment, I just really liked it, and I felt like that was more of my natural calling." Shakir said.

Shakir has been with this corporation since she was a student and she explained that the changes made have only made our school stronger and more united. For that reason, Shakir decided to stay with Lake Central.

"It's nice to see that not only is [it] becoming diverse, but the way all the students are getting along. I don't see very many differences made between each other" Shakir said.

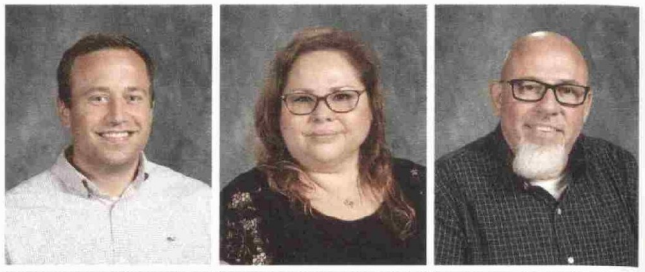
This school year is Shakir's "first official year teaching", and there are a few things about being a teacher that she likes better about being a substitute. For one, Shakir feels that getting to know her students creates a nice environment and a place where she feels she can teach the students rather than "babysit" them with busy work. Especially this year, her connections between students have never been stronger due to her son graduating this year and seeing all of his friends she has met get ready for college.

"They're seniors, so it is kind of bittersweet for me that way. So this one being my first year and then seeing them all go is a special year, so I'm excited about that, but sad at the same time" Shakir said.

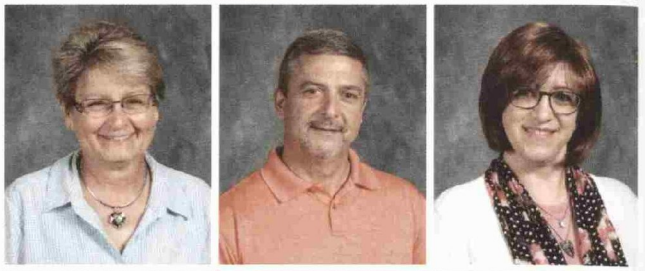
Mrs. Shakir has spent a lot of her life in Lake Central and wanted to work here no matter what.

Mrs. Sumera Shakir

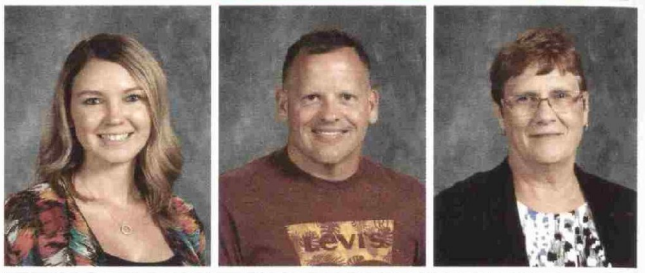
Stephen Fry
Monica Gajdoa
Kevin Gardner



Beverly Goggans
Tom Golumbeck
Cheryl Gordon



Brittney Gore
Rick Grzywana
Nancy Gulth



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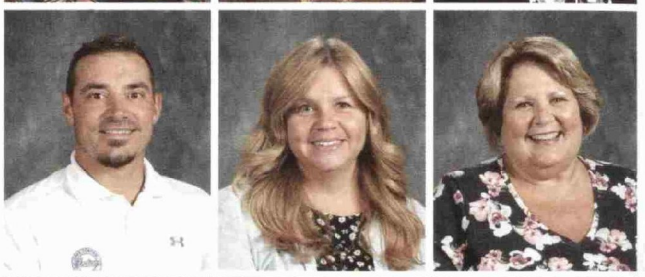
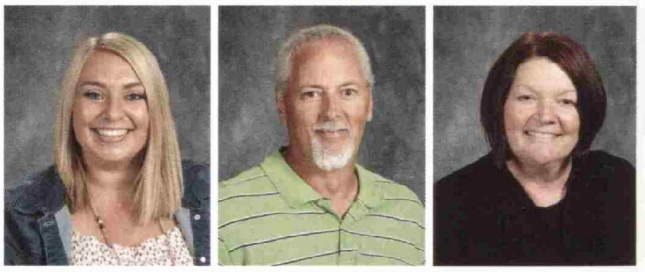
Jennifer Haberling
Ruth Hardesty



Amanda Harie
Greg Holdeman
Jackie Holden



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Joe Huppentahal
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Janette Snelson
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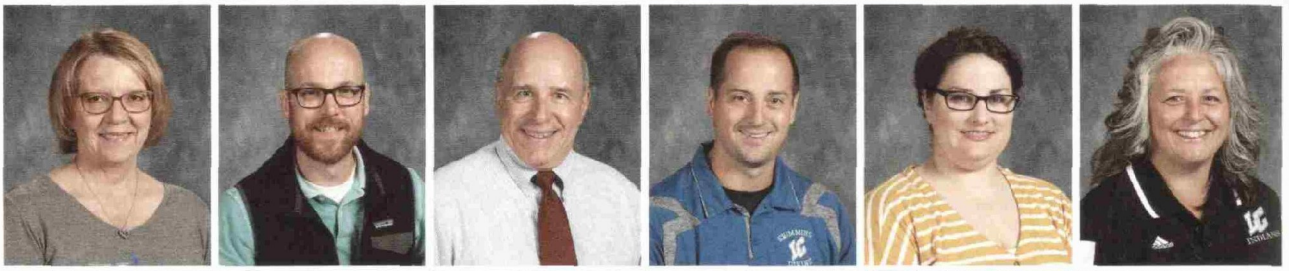
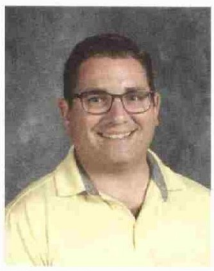


Lori Stasinski
Mark Strbjak
Holly Sweeting
Renee Swetlik
Bryan Szalonek
Christine Szczerbowski

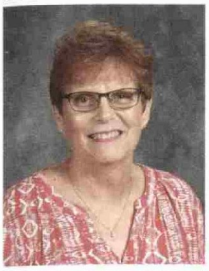
Louise Tallent
Jodee Tanjic
Rachael Thomas
Jennifer Triezenberg
Megan Truscott
Rachel Underwood

Dustin Verpooten
Sarah Verpooten
Lauryn Vukas
Carrie Wadycki
Sam Wagner
Darrell Wierzal

Page By: Annaliese Nelson, Brenna Sealy, Nitya Shah and Alayna Wilkening



Amy Wilkins
Matthew Willimas
Pat Winters



Helen Wormsbecher
Elizabeth Wright
Maureen Yaeger

Teresa Zentz
Jill Zilz

WHAT'S YOUR FUNNIEST TEACHING STORY?

Mrs. Katelin Ellis, [Science] "I was up teaching and I felt something on my pant leg. I was behind the desk so no one saw it but me, but I was like, 'What's on my pant leg?' I reached, and I had a clean pair of underwear in my pant leg. It was fantastic."

Mr. Ronald Fredrick, [English] "I was absent and they didn't get a sub for me. Everything went well virtually the entire day until the last class of the day. One of the administrators happened to stop in and wanted to talk to me, and that was when everyone found out that I wasn't there. What was interesting about it [was] all my classes assumed that it was a morality test on my part, that at any moment, I was going to come in, that I had a camera set up or that I was hiding in the closet just to see what they were going to do."

Mrs. Angela Ohlenkamp, [Mathematics] "We were doing an opener in my honors class and I was like, 'Where's the shift,' and one girl screams out, 'No shift.' But the entire class did not hear 'shift.' They thought they heard something else, and it was a good time to laugh. I still remember the girl and everyone looking at her like, 'how dare you.' There was no shift, so she was correct."

Mrs. Cindy Lale, [World Language] "Years ago, before I taught here, I had a male student that played football and I didn't realize his two front teeth were on a retainer, and one day I was walking around the room when they were working and he had his retainer on his desk and it scared me. It freaked me out because his teeth were just sitting there on the table. That was a good one."

Mr. Darrell Wierzal, [English] "I have about a 35 minute drive to the school, and so a lot of times, I eat my breakfast in the car on the way to school. One morning I was eating a chocolate chip muffin and while I was driving, [and] I guess a chocolate chip leapt off of the muffin and fell in between my legs. I came to school with an enormous brown stain on the back of my pants one day. The worst part about it was I had a senior class first hour and they didn't say a thing. Then I had a sophomore class my second period and every time I went up to the board, they started laughing. Finally, someone told me 'Hey Mr. Wierzal, you've got a huge brown stain on the back of your pants.'"

DIET

THERE ARE MANY DIFFERENT DIET TYPES WITHIN THE STUDENT BODY. SOME STUDENTS CHOOSE TO BE VEGAN OR VEGETARIAN WHILE SOME CHOOSE TO NOT CARE WHAT THEY CONSUME.

Lifestyle Change

"My parents and I try to live a super active lifestyle. I always wanted to be like a gymnast and do yoga but I realized that a lot of it really does have to do with your diet. So in order to do the things I really enjoy, you have to eat healthier, and I also want to live a really long life. At first, it was so hard but I think it was just like a wakeup call that makes me have to do this if I want to feel good. That was the thing that really made me stick to it. Because I have been eating this diet for so long, I just don't want to eat unhealthy foods. It tastes better to eat healthy now. Like I said, I want to live a long time. I'm a big future planner so if I want to do it, I have to do it now. I want to be a doctor and I don't want to be unhealthy and have to tell patients to eat healthy, that would be hypocritical of me. My skin is glowing, I have never seen it like this. My parents and I are super into it so if I find something I'll tell them, and then we will all do it together as a family. I never have to worry about cooking for myself because I would have already cooked it the day before. I have a scheduled time when I eat and what I eat. I'm also human though, like give me the Nutella crepes. I just don't eat meat ever, so that's the whole thing. I used to absolutely hate eating healthy so if you are like me and never, ever ate a single vegetable, as long as you have the motivation to do it, you do it. Just being well-rounded and balanced has really helped me in every aspect such as sleep, school and sports."

Alexa Calonia (12)

Inspired to Eat Better

"A number of things made me decide to eat healthy. The first reason is that I'm lactose intolerant, so most of the foods I want to eat, I already can't. Also just for environmental reasons such as animal agriculture. I'm just trying to eat more plant based and aspiring to be vegan but it is kind of hard starting off. You lose the convenience of fast food and just getting food whenever you want. Grocery shopping is hard because of looking at the labels and everything. It's a lot more time consuming looking at what you buy and eat. I try to devote a little bit of time at the end of every day to make my lunch. I say no to a lot of restaurant plans even though it kind of sucks, but it does help because I'm saving money. I would say that there is no reason not to try this lifestyle. You're young and the worst thing you could find out about this lifestyle is that it's not for you or that it is too much work. It doesn't hurt to try. This lifestyle has given me so much more energy. For example, during the superbowl I started eating really bad again and I felt so groggy and had low energy versus when I am eating fruits and vegetables every day."

Claire Bandstra (12)

Training Healthy

"My eating style is different from other people's because I am a vegetarian so I don't eat meat, and then I have a trainer who has me on certain diets. Before I was counting calories and now I'm counting macros. I decided to become a vegetarian for multiple reasons - because it's healthier and because I don't agree with the way animals are treated that are food animals. If animals are treated better I would probably go back to eating meat, but right now they are treated very poorly. I just wanted to become more healthy [and] lose some weight. It's difficult at some times because a lot of times I can't eat like a normal teenager would because I have to follow my criteria but not really because right now I can eat whatever I want just as long as I stay in a certain macro. Macros are macromolecules, so your body needs four basic macromolecules but three are ones you get for dietary, so it's fats, proteins and carbohydrates. At the beginning of becoming a vegetarian I craved chicken nuggets all the time because chicken was one of my favorites, but after the first few months you get over it. At this point I've forgotten what it tastes like when people ask does it taste like real chicken. After the first month you should be good with any diet. While eating with friends and family I usually order my own food and I'm very lenient. I'm not like some vegetarians where they say 'are the french fries cooked in peanut oil,' but in my opinion that's too much, but mostly I just choose what I want."

Madisen Pivoney (11)

Page By: Delanie Flynn, Annaliese Nelson, Celeste Recio, Brenna Sealy and Ava Solis

Cheat Days Are Okay

"I am a vegetarian, and I started around five years ago. It started off as just a diet I had always been interested in, and I actually only planned on trying it for a month. After a month, it just sort of stuck, I felt healthier, less animals were being harmed and the world was overall less harmed by it too. I have two cheat days per year. They're my dad's birthday and Father's Day because when I became a vegetarian he said it was stupid and I should share a steak with him at least on his birthday and Father's Day, so on both of those days I can eat whatever meat I want. I always look forward to my cheat days because it helps with cravings too. Cheat days aren't the worst thing ever and I still consider myself a vegetarian."

Isabella McCoy (11)

Eating Nothing New

"My favorite food to eat is chicken. It's kind of my go to. I go through phases of having certain snacks that I eat every day. Sometimes I'll eat the same thing for days and sometimes not. I definitely have comfort food and it's always either pizza or chicken. I eat one thing when I go out and it's chicken and fries. I can't remember the last time I ever ordered something different. I'll eat snacks or eat healthy depending on my mood and what I'm craving. My favorite meal is my mom's lasagna, it's not made very often so I always look forward to it. Yes, I get hot lunch every day because I like the food they serve and I'd rather get different things here than when I'm at home. Some lunches I like but some I don't, so if there's nothing I like I'll get bosco sticks. My favorite school lunch is the mini corn dogs."

Niki Peach (10)

The Art of Eating

"I absolutely think food can be an art. Art is something that appeals to the creative side of your senses, whether you're making it or enjoying it, and everyone can enjoy food. What makes food awesome as an art is that it's always different and improving. With music you might put out some stellar song that everybody loves and never reach success like that again. But since making a recipe is a single, repeated experience, it'll keep getting better. Every time you make a meal, it's the culmination of all your past attempts at it turning into what will probably be the best version of the meal. Making food rocks, and it's a great way to express creativity and make something for people to enjoy. I'm more about the experience of eating food rather than is food healthy or not."

Benjamin Reder (12)

Cookie Monster

"Ever since I was a baby and I knew what Oreos were. I've always wanted them. I swim so I know I'm going to throw it up and be sick after I work out, but it tastes good so that's the only reason why I eat it. Sometimes [I wish I ate healthy], but it tastes too good. Unhealthy is like when I eat greasy pizza, fries or Oreos, again, I'm obsessed with those. I somehow always have cookies at my house that I'm constantly eating."

Addyson Popoca (9)

School Lunch

"I eat school lunch because when I don't feel like making lunch, it is easier to buy one. I feel like anything in moderation is good for you. They have a wide variety that allows for a well balanced meal. I like a couple of school lunches: the bosco sticks, orange chicken and the big daddy's cheese pizza. I would say at home I eat healthier because my mom makes dinner so the food is much fresher and not frozen."

Sophia Birlson (12)

Power Snacking

"On a normal day I don't eat any meals, I mainly just eat snacks. I don't eat whole meals because I don't have time to cook and I'm really lazy. I eat junk food mainly because it's a good filler if I'm not in the mood to eat anything else. I eat fast food at least three or four times a week. Yes, it's bad for me, but it's a good stress reliever."

Kayleigh Walker (10)

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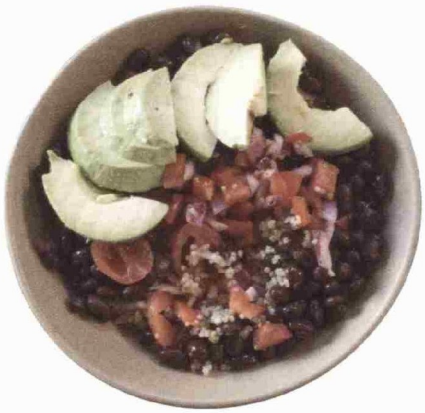
 D

"MOST OF THE TIME [I ENJOY EATING UNHEALTHY] BECAUSE IT TASTES BETTER THAN MOST HEALTHY FOODS."

Bryan Martello (11)

UNCHARTED MELODIES

STUDENTS ACROSS LAKE CENTRAL EXPRESS THEIR STORIES ON HOW MUSIC HAS AFFECTED THEIR LIVES.

Since The Beginning

"I play saxophone and oboe. I picked the oboe in sixth grade because the guy who tested me for my instrument said I would be good at it. I chose the saxophone because my band teacher persuaded me to march on saxophone. I might continue with my instrument after high school, I'm not sure yet. Scholarships motivate me to continue making music. The hardest part about [marching] band is band camp, because you're out in the heat for two weeks for 10 hours a day. Band is important to me because I found a lot of good friends in band that I wouldn't have if I didn't do band. I've played the oboe since 6th grade and the saxophone since freshman year. LC has helped me learn harder music and how to improve my sound quality."

Nicholas Malesh (10)

Stress Reliever

"I am in Handbells I, Handbells II, Concert Choir and Trebleaires. I don't do anything singing-related outside of school. I decided to join choir because I had done it in middle school, so I wanted to continue it in high school. If there's any groups that take people, then I'd be willing to join that group after high school. Singing in choir is important, it releases emotions and gets stuff out. The hardest part is trying to stay true with your sections while you're singing and listening to everyone around you, it gets hard sometimes. Mr. Jones and his attitude motivates me to stay in choir. He's just a wholesome guy. Choir is an outlet and a hobby for me. I get out my emotions, but I also love doing it, and it's pretty fun."

Isabella Tanis (12)

Second Voice

"What inspires me to play music is that it's a peaceful, easy way to express my emotions. I started playing about three years ago and I started because my cousin was into guitar and my mom taught me how to play guitar. Some of the artists who have inspired me are artists like Jimi Hendrix, Red Hot Chili Peppers and Green Day. I'd say my style of playing and creating my own songs is starting slow with an acoustic guitar and then slowly moving towards a heavy rock type of sound. Sometimes, I'll even write music in school. Balancing school, music and wrestling can be pretty difficult, but at the end of the day I manage to do it."

Colin Crimmins (10)

Falling For the Music

"I'm in Concert Choir, Senior Treble, Varsity, Handbells and Counterpoints. I don't really do any singing outside of school; just practicing, but nothing serious. I decided to join choir because I've been in choir for all of middle school, and I really enjoyed it. It was a last-minute decision. I was going to do pub, but then I decided to do choir and I fell in love with it again. I don't think the school that I'm going to has a choir, but I would like to continue choir in college if it's an option. I enjoy singing on my own, but it was more of a thing I got into when I tried it out. Singing and choir is important to me because it's a really big stress reliever. The hardest part is that it gets boring sometimes when you have to go over the same parts over and over again."

Megan Cluck (12)

"BEING AN UNDERGROUND ARTIST IS AWESOME BECAUSE YOU CAN GO PLACES AND BE TOTALLY LEFT ALONE."

Violet Port (9)

Who I Am

"I'm in Concert Choir, Senior Treble and Trebleaires. I decided to join choir because it has always just been my thing. It would be nice to continue singing after high school, but not a lot of colleges offer programs. If I really tried to perfect my voice, take vocal lessons and focus on the things I'm not good at, I feel I would have a chance of making something out of it. Ever since I was young, I've always enjoyed singing. I think choir is important to me because it is a large part of who I am today. It has always been there in my life, and it just keeps coming along with me. One of the hardest parts about choir is definitely sight singing, it's very confusing. Learning words to all of the songs is one of the hardest things, too, because when you are in three different choirs, it can be a huge difficulty trying to memorize every note and word. My love for choir motivates me to always keep going with it and to never give up."

Brianna Benko (11)

Hauling the Beat

"I started playing drums about three years ago after seeing videos of Josh Dun and Casey Cooper. Josh Dun watches my drum covers now. Matt McGuire is one of my biggest inspirations right now, he's the drummer for the Chainsmokers. My buddy Barlow, Grandson, Twenty One Pilots, AVICII and Eminem are some of the people I've always been amazed by. Balancing music and school is absolutely insane, I'm not in a band with the school because I don't believe in being taught music or using sheet music, so I've taught myself everything by ear. I do a lot of talent shows and play at restaurants sometimes. A lot of times I'll be playing a venue late at night, be there late, have to pack everything up and load it into a truck, drive home, sleep for a few hours and get up early for school. I try to do as much homework as I can while in school because when I have competitions I try to get at least two hours of practice every day."

Violet Port (9)

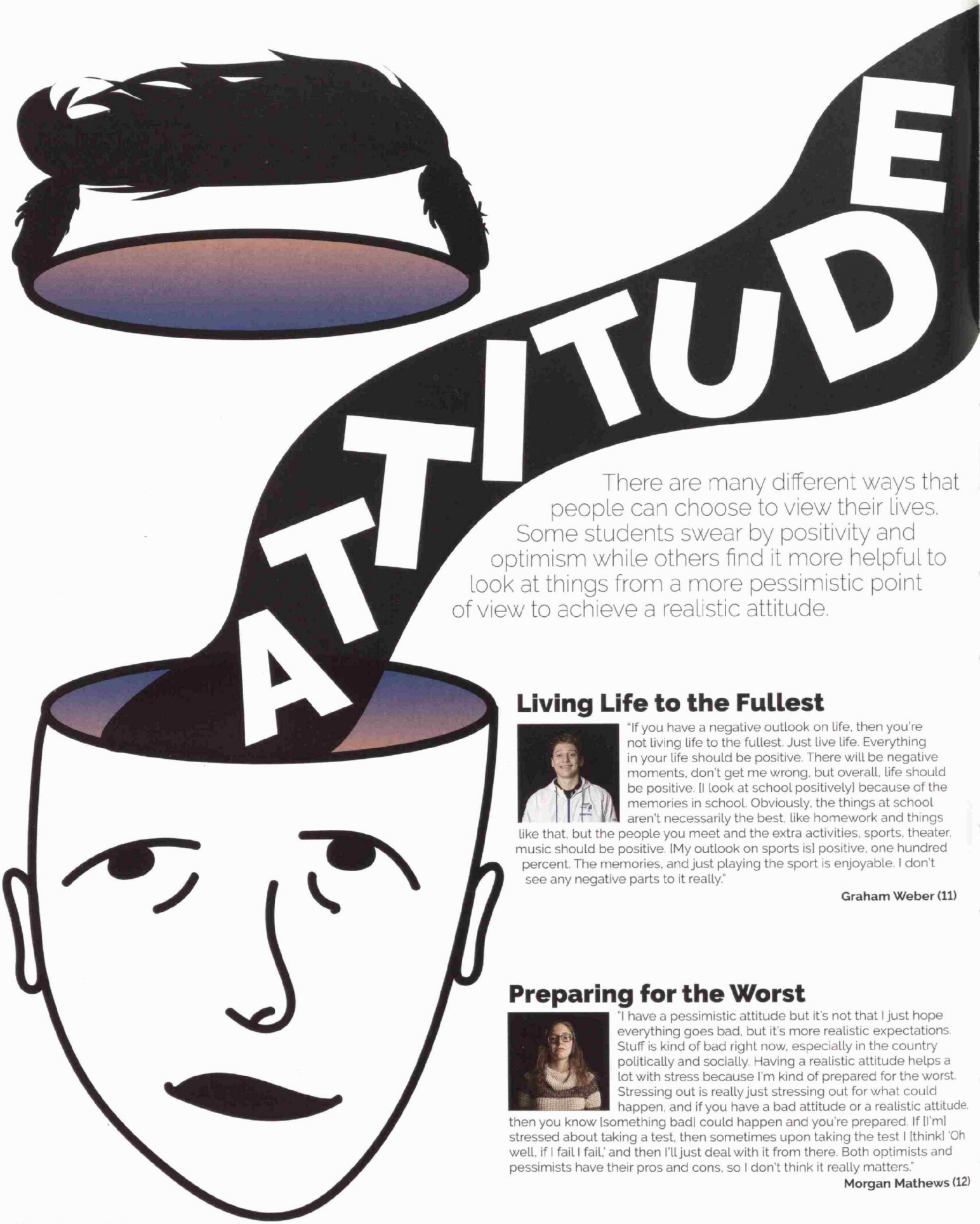
Page By: William Churchill, Alison Irace, Ava Stilts and Isabella Brazzale

Taking Over My Life

"I play the drums outside of school. I got a free drum set from someone and it interested me, so I learned how to play. I like making and creating your own sound, no matter how you play it's your own thing. Seeing other drummers being good pushes me to be better. Being the drummer, you have to keep time and make sure everyone is on the same page. Drumming is important, but it isn't my first priority because I'm more focused on playing drums outside of school, cross country and stuff like that. Music has always interested me I play the drums inside school with the jazz band and outside of school on my own. I started about three years ago because I was offered a free drum set, took it, then started learning by myself."

Isaac Madrigal (10)

CAN'T STOP THE BEAT MEGAN CLUCK (12), COLIN CRIMMENS (10), AND VIOLET PORT (9) POSE WITH THEIR VARIOUS INSTRUMENTS. PHOTO ILLUSTRATION BY: AVA SOLIS



There are many different ways that people can choose to view their lives. Some students swear by positivity and optimism while others find it more helpful to look at things from a more pessimistic point of view to achieve a realistic attitude.

Living Life to the Fullest

"If you have a negative outlook on life, then you're not living life to the fullest. Just live life. Everything in your life should be positive. There will be negative moments, don't get me wrong, but overall, life should be positive. [I look at school positively] because of the memories in school. Obviously, the things at school aren't necessarily the best, like homework and things like that, but the people you meet and the extra activities, sports, theater, music should be positive. [My outlook on sports is] positive, one hundred percent. The memories, and just playing the sport is enjoyable. I don't see any negative parts to it really."

Graham Weber (11)

Preparing for the Worst

"I have a pessimistic attitude but it's not that I just hope everything goes bad, but it's more realistic expectations. Stuff is kind of bad right now, especially in the country politically and socially. Having a realistic attitude helps a lot with stress because I'm kind of prepared for the worst. Stressing out is really just stressing out for what could happen, and if you have a bad attitude or a realistic attitude, then you know [something bad] could happen and you're prepared. If [I'm] stressed about taking a test, then sometimes upon taking the test I [think] 'Oh well, if I fail I fail,' and then I'll just deal with it from there. Both optimists and pessimists have their pros and cons, so I don't think it really matters."

Morgan Mathews (12)

Page By: Taylor Anderson, Justyce Reed, Nitya Shah, Elizabeth Sulek and Molly Tkach

CHECK

Good Vibes Only

"You always have a happy life. You have to always think positive, never negative. If you give up and don't do your work in class, don't listen, don't do anything, then obviously you're not going to get good grades and you're not going to have a positive life and live the life you want to live. I have a positive outlook [on football.] If I mess up on a play or I don't do my job or assignment, I have to try to look ahead. It's behind me; it's in the past. I just got to move on and keep doing the right thing."

Diego Garcia (10)

Seeing the Positive

"It's better to be realistic because you can be optimistic but if you're too optimistic, then sometimes you can have goals that are too ambitious that you can't reach. You can set certain dates to do certain things and find events that are actually interesting to you. [You can avoid] what you think is just a burden of stress. Maybe some of the things that people view as negative can actually be interesting, but they just don't have the right view on them. Just listen to the things you do in class and you won't have to stress about studying too much.

Nachiket Magesh (9)

Preventing Positivity

"I think I look at the negative more than the positive because the negative is more important to focus on in my eyes. The negative you can prevent, but with the positive you can't really see what's coming, so I kind of just think of everything in a negative way. I think everyone should be realistic. Everyone just needs to be real. I would say [this attitude makes me more stressed] because I look forward to almost nothing. I probably don't pay attention to my future as much as I should. Academically and job-wise I do, but not so much physically where I'm going to be."

Kylie Pietranczyk (10)

Taking Time Off

"[This semester] is harder, but I think that with it being hard, it's okay because it's preparing us for junior year. I've heard that junior year is not technically the easiest year. You need to have a balance of [optimism and realism] because you need to be realistic but you also have to keep an open mind, so I think being optimistic and realistic is the best way to go. There are different ways to handle stress. With school, there are times where you just need to be by yourself and take a deep breath to calm yourself down. Try not to psych yourself out. Reading helps. Taking a good bath helps. You can take a breath from friends and social media too. Listening to music really helps me. I guess it's different because you never know what that person has been through, so you don't know why they have that negative outlook on life, but they should surround themselves with more positive people and have more positive influences. Surround yourself with good energy and people who actually care about your well-being. Just try to be more positive. Basically, being positive is important because you have to keep a clean energy around you. You have to be able to go about your day with nothing heavy on your mind or heavy on your heart. If you are surrounded by negative energy, it takes a toll."

Janila Hendley-Crayton (10)

"YOU DON'T WANT TO LIE TO YOURSELF. YOU WILL ALWAYS BE ABLE TO GROW FROM STRESS. YOU SHOULD KNOW HOW TO CONTROL YOUR REACTIONS. THINGS HAPPEN, PEOPLE CHANGE, LIFE GOES ON,"

Grayden Taylor (12) said.

ACADEMIC LETTERWINNERS

FRONT ROW: Andie Kalemba (11), Adriana Rodriguez (11), Hannah Kosinski (12), Grace Gineris (12), Abigail Burton (10), Jonareene Rivera (10), Jillian Jacobs (10), Alexis Kozel (10), Emily Denny (10) ***SECOND ROW:*** *Yara Hijaz (10), Elizabeth Solis (10), Noelle Quiroga (10), Vicki Lin (12), Audrey DiFilippo* (11), Kimberly Hesterman (10), Icyss Meredith (10), Gianna Silvers (10), Citali Lopez (10) **THIRD ROW:** Alayna Wilkening (10), Clarissa Moreno (10), Natalia Duvnjak (10), Camille Hauber (10), Alaina Collins (10), Antonia Alexiou (10), Alexandra Rigg (11), Hayley Matlon (12), Cameron Freitag (11) **BACK ROW:** Kate Pletz (12), Julie Wasyliw (11), Brenna Sealy (11), Madisen Pivoney (11), Kathedra Csanyi (10), Nicole Wasyliw (11), Eliza Hoeckelberg (11), Kalli Blankenship (12), Maggie DePirro (12)

ACADEMIC LETTERWINNERS

FRONT ROW: Abby Beauchamp (10), Ainsley Rothgeb (11), Ingrid Owczarzak (10), Miranda Prowse (12), Katarina Nikolovski (12), Lily Rogers (10), Caitlin O'Brien (12), Yousef Nammari (12), Madeline Bailey (12), *Maisie Westerfield (12), Frida Arellano (12)* **SECOND ROW:** *Katharine Mahoney (11), Gina Blackburn* (12), Sarah Cunningham (11), Edward Rosenwinkel (11), Brianna Rhomberg (12), Jordan Znosko (11), Bailey Egan (10), Teagan Lollis (10), Emily Lopez (10), Erik Napiwocki (12), Charmagne Abangan (12) **THIRD ROW:** Andrew Huffman (12), Sanja Aleksic (10), Adam White (10), Jackson Novak (10), Matthew Barone (10), Joshua Chen (12), Jason Finley (12), Connor Kaurich (12), Nicholas Firlej (12), Nathan Doyle (12) **BACK ROW:** Gianni DiTola (11), Abhinav Ayinampudi (11), Aneesh Poddutur (11), Matthew Tigges (11), Raheem Mansoor (10), Ethan Pinarski (12), Austen Rex (12), Margaret Mulligan (12), Kyle Blum (12), Michael Olabintan (11)

ACADEMIC SUPERBOWL

FRONT ROW: Emily Lopez (10), Cindy Lin (12), Vicki Lin (12), Emily Denny (10), Yara Hijaz (10), Jada Silvera (10), Devin Sweeting (11) **BACK ROW:** Ingrid Owczarzak (10), Saheli Parikh (10), Brooklyn Winchell (10), Krista Matakovic (12), Ayan Mohammed (11), Aneesh Poddutur (11), Ethan Pinarski (12)

ART

FRONT ROW: Jayliannie Perez Santos (9), Bolorkhishig Bayart (9), Isabella Rossi (9), Susanna Azmy (9), Jenna Leep (9), Katelyn Rubottom (9) **BACK ROW:** Antonia Alexiou (10), Mary Hentush (10), Nadine Batista (9), Citlali Lopez (10), Claire Potchen (9), Joshua Selmon (9), Sydney Ignasiak (9)

ASTRONOMY

FRONT ROW: Bolorkhishig Bayart (9), Hannah Kosinski (12), Karah Sikora (11) **BACK ROW:** Sydney Ignasiak (9), Ingrid Owczarzak (10), Ethan Pinarski (12), Aiyanna Trevino (11)

BEST BUDDIES

FRONT ROW: Kailey Florkiewicz (10), Daniel Herbst (12), Michael Connelly (10), Nathan Vasquez (12), Thomas Kleszynski (12), David Triezenberg (10), Juliette Fulcioni (11), Zachary Millard (11), Cole Thompson (10), Jonah McGuffey (10), Joshua Janik (10), Conner Caffarini (11) **SECOND ROW:** Brooke Breymeyer (11), Zoe Piro (9), Riley Etheridge (10),Samuel Cangiano (9), Torey Metz (11), Isabelle Majchrowicz (11), Alexis Hyzy (12), Nathan Janik (11), Kareem Grant (9), Michaela Roznowski (12) **THIRD ROW:** Emilia Harvey (10), Alyssa Klimowski (11), Reagan Price (11), Emma Kritenbrink (11), Madisen Moeller (9), Ava Orueta (11), Mya Bell (12), Susanna Azmy (9), Samara Hamed (9), Alexa Calonia (12) **FOURTH ROW:** Jason Simnick (9), Isabelle Kandalec (9), Yaneli Terrazas (9), Taylor Zezovski (11), Isabella *Brazzale (11), Mirissa Haberling (9), Hailey Prasopoulos (11), Ella Birgel (9), Ashlyn Slavich (10), Emma* Vasquez (12) **FIFTH ROW:** Torie Harper (11), Victoria Olson (9), Mackensi Keilman (9), Olivia Klein (9), Dylan Biter (9), Beck Nawrocki (9), Brianna Wagner (12), Mia Somenzi (11), Jillian Robbins (9) **BACK ROW:** Joseph Wojciehowski (10), Brianna Batinic (10), Stephen Visi (12), Ryan Dyra (9), Christopher Szewczyk (12), Joseph Lopez (12), Luke Hamilton (11)

BPA

FRONT ROW: Mia Martinez (12), Joshua Chen (12), Kate Pletz (12), Deep Govani (11), Zakaria Mohiuddin (11), Abhinav Ayinampudi (11), Gianni DiTola (11) **BACK ROW:** Ayan Mohammed (11), Mateusz Gacek (10), Trevor Polaski (9), Lance Campbell (12), Matthew Tigges (11), Aneesh Poddutur (11)

CHEMISTRY

FRONT ROW: Thao Nguyen (11), Kathedra Csanyi (10), Leilany Pena (11), Mallory Gagliardi (12) **BACK ROW:** Jason Finley (12), Connor Kaurich (12), Nicholas Firlej (12), Abhinav Ayinampudi (11)

CHESS

FRONT ROW: Autumn Pomeroy (9), Nachiket Magesh (9), Nicholas Vorreyer (9), Luka Cucuz (9), Erick Fonseca (10) **SECOND ROW:** Jacob Mangold (9), Logan Rosinski (10), Andrew Elizalde (10), Reece Mack (11), Kevin Aharrah (9) **THIRD ROW:** Juan Floriano (10), Andrew Majchrowicz (9), Jack Correa (9), Jaden Alvarez (10), Noah Pavlick (9 **BACK ROW:** Raul Pimentel (9), Erik Napiwocki (12), Matthew Barone (10), Austen Rex (12), Colin Mauch (10)

CREATIVE WRITING

FRONT ROW: Liliana Hernandez (10), Karah Sikora (11), Carina Hernandez (120, Reine Carrasquillo (11), Rachel Holechko (11), Trinity Czarnik (11) **SECOND ROW:** Pacsun Nichols (9), Juliana Villagomez (11), Beata Karwaczka (10), Allison Peterson (11), Citlali Lopez (10), Ashlee Costa (11) **BACK ROW:** Courtney Cruz (9), Paige Pearson (11), Christopher Davidson (11), Jacob Delso (11), Annalee Deabel (11), Cooper Deabel (10)

DEBATE

FRONT ROW: Claire LaVoie (11), Mallory Gagliardi (12), Ingrid Owczarzak (10) **BACK ROW:** Claire Lindborg (11), Joseph Lopez (12), Connor Kaurich (12)

DOLLARS FOR SCHOLARS

FRONT ROW: Cindy Lin (12), Grace Gineris (12), Jonareene Rivera (10), Teresa Arroyo (9), Molly Nordyke (9), Hala Haddad (11), Jacqueline Kosina (11), Noelle Quiroga (10), Elizabeth Solis (10), Vicki Lin (12), Charmagne Abangan (12) **SECOND ROW:** Audrey DiFilippo (11), Kimberly Hestermann (10), Hayley Matlon (12), Alexandra Rigg (11), Malak Shurbaji (11), Mya Bell (12), Madisen Pivoney (11), Katelyn Kazakevicius (11), Kaya Blankenship (9), Kalli Blankenship (12), Maisie Westerfield (12) **THIRD ROW:** Claire Nowacki (11), Clarissa Moreno (10), Nadine Batistia (9), Lily Rogers (10), Lauren Galocy (10), Madelyn Porter (9), Victoria Olabintan (9), Madeline Bailey (12), Sarah Cunningham (11), Frida Arellano (12) **BACK ROW:** Katharine Mahoney (11), Gina Blackburn (12), Teagan Lollis (10), Emily Dahn (11), Chloe Hardesty (10), Tenley Edvardsen (11), Perry Pappas (11), Jackson Novak (10), Andrew Holowaty (11), Zachary Petrie (11), Margaret Mulligan (12)

ENVIRONMENTAL

FRONT ROW: Lydia Farmer (10), Teresa Arroyo (9), Hayley Matlon (12), Maisie Westerfield (12), Olivia Heuertz (10), Tatiana Carreras (9) **SECOND ROW:** Hannah Kosinski (12), Trent Schneider (12), Madeline Bailey (12), Amber Engelhaupt (12), Paige Harrison (10), Abigail Dobricky (11) **THIRD ROW:** Makenna Delgado (11), Maegan Thompson (11), Olivia Tacke (11), Paige Bakker (11), Ashleigh Thompson (11), Emily Bell (12)

FCCLA

FRONT ROW: Lillian Schroeder (11), Catherine Townsend (11), Alexia Rardin (10), Brelin Dickerson (10), Mrs. Louise Tallent, Marion Wright (9), Annamarie Wayman (9), Nada Awwad (11)
BACK ROW: Marissa Armstrong (12), Emily Gonzalez (10), Jillian Jacobs (10), Alexis Flores (10), Kaila Jacobs (9), Ashley Immig (12), Lauren Galocy (10)

FRENCH

FRONT ROW: Nadine Batista (9), Thao Nguyen (11), Bolorkhishig Bayart (9), Jayliannie Perez Santos (9), Abby Beauchamp (10), Shelby Palmer (11) **SECOND ROW:** Claire LaVoie (11), Joanna Kouros (9), Mackenzie Feege (9), Maegan Thompson (11), Edward Rosenwinkel (11), Erik Napiwocki (12)

FRESHMEN CLASS CABINET

FRONT ROW: Jayliannie Perez Santos (9), Catalina Vallejo (9), Samara Hamed (9), Ayah Abdelsalam (9), Ines Caballes (9), Cassandra Smolen (9) **BACK ROW:** Victoria Olabintan (9), Nadine Batista (9), Molly Nordyke (9), Joanna Kouros (9), Peyton Zientara (9), Maya Trivunovic (9), Ella Dobrovits (9)

FRESHMEN MENTORS

FRONT ROW: Hayley Matlon (12), Maisie Westerfield (12), Kalli Blankenship (12), Miranda Prowse (12), Connor Kaurich (12), Alekzandr Rhody (11) **SECOND ROW:** Karah Sikora (11), Audrey DiFilippo (11), Alyssa Klimowski (11), Mya Bell (12), Sarah Huszar (11), Taylor Morris (11), Brenna Sealy (11), Hannah Kosinski (12) **THIRD ROW:** Katelyn Kazakevicius (11), Ainsley Rothgeb (11), Caitlin O'Brien (12), Krista Malakovic (12), Sarah Cunningham (11), Adriana Klein (12), Jackson Lopez (11), Alexandra Rigg (11) **BACK ROW:** Malak Shurbaji (11), Tenley Edvardsen (11), Claire Lindborg (11), Abhinav Ayinampudi (11), Aneesh Poddutur (11), Austen Rex (12), Nathan Hodor (12), Matthew Tigges (11), Madisen Pivoney (11)

FUTURE MEDICAL PROFESSIONALS

FRONT ROW: Pia Lopez (10), Adriana Rodriguez (11), Alexis Kozel (10), Ines Caballes (9), Kathedra Csanyi (10), Emily Gonzalez (10), Jillian Jacobs (10), Jacqueline Kosina (11), Sophia Fara (11)
SECOND ROW: Kimberly Hestermann (10), Charmagne Abangan (12), Yara Hijaz (10), Emily Denny (10), Elizabeth Solis (10), Nicole Wasyliw (11), Julie Wasyliw (11), Alexa Nied (10), Icyss Meredith (10), Audrey DiFilippo (11) **THIRD ROW:** Mikaela Maragh (10), Dominique Vargas (11), Devyn Foote (11), Cameron Freitag (11), Alexis Flores (10), Lauren Galocy (10), Bailey Egan (10), Stephanie McRam (10), Alaina Collins (10), Taylor Morris (11) **FOURTH ROW:** Ella Ray (11), Halie Plaut (11), Chloe Campbell (11), Aiyana Trevino (11), Emma Kritenbrink (11), Katharine Mahoney (11), Zakaria Mohiuddin (11), Bryce Munsie (11), Justin Rivera (11), Sarah Huszar (11), Sarah Cunningham (11) **BACK ROW:** Deep Govani (11), Ayan Mohammed (11), Connor Kaurich (12), Georgio Koultourides (9), Hannah Ross (11), Raheem Mansoor (10), Claire Lindborg (11), Abhinav Ayinampudi (11), Aneesh Poddutur (11), Madisen Pivoney (11)

GAME DEVELOPMENT

FRONT ROW: Elizabeth Hoffman (12), Johnathan Brandt (10), Kevin Aharrah (9) **SECOND ROW:** Erik Napiwocki (12), Matthew Tigges (11), Julian Sahagun (11)

GIRLS WHO CODE

FRONT ROW: Carina Hernandez (12), Kate Pletz (12), Abby Beauchamp (10) **BACK ROW:** Elizabeth Hoffman (12), Kathedra Csanyi (10), Mia Martinez (12)

HISTORY

FRONT ROW: Chantele Gubatanga (12), Abby Beauchamp (10), Grace Gineris (12), Hannah Kosinski (12), Paige Varady (12), Mya Bell (12) **SECOND ROW:** Charmagne Abangan (12), Frida Arellano (12), Dominique Vargas (11), Devin Sweeting (11), Saheli Parikh (10), Emily Sannito (11), Auror Alvarez Hanson (10), Jack Correa (9) **BACK ROW:** Nathan Doyle (12), Gianni DiTola (11), Nicholas Firlej (12), Matthew Barone (10), Austen Rex (12), Ethan Pinarski (12)

INTERACT

FRONT ROW: Abby Beauchamp (10), Grace Gineris (12), Alexa Calonia (12), Martha Davis (12), Paige Varady (12), Juliana Villagomez (11), Caden Weston (11) **SECOND ROW:** Mya Bell (12), Dominique Vargas (11), Mackenzie Zielke (11), Rachel Linker (12), Kierra Crowe (11), Hannah Markley (12), Violet Butler (12) **BACK ROW:** Austen Rex (12), Michaela Spears (12), Claire LaVoie (11), Kelsey Lavin (11), Paige Pearson (11), Brooklyn Winchell (10), Emily Lopez (10), Ian Gruver (12)

ITC

FRONT ROW: Andie Kalemba (11), Adriana Flores (9), Delanie Kalawasinski (9), Karah Sikora (11), Elouise Panert (9), Cassandra Morgan (11), Mariana Bendinelli (11) **SECOND ROW:** Amaya Shurbaji (11), Ava Wilson (9), Kayla Longfield (11), Madalyn Doot (12), Morgan Taylor (12), Frida Arellano (12), Paige Varady (12) **BACK ROW:** Devin Sweeting (11), Seneca Howell (10), Chloe Baisa (10), Joanna Kouros (9), Mackenzie Feege (9), Sarah Badger (11), Allison Peterson (11)

ITC

FRONT ROW: Erin Pistello (9), Ethan Scheuneman (9), Collin Pinskey (10), Rocco Popovich (10), Olivia Kozy (12), Nicole South (12) **SECOND ROW:** Alexander Kohut (12), Simon Grimler (10), Jack Batinick (10), Adam Lung (9), Tenley Edvardsen (11) **BACK ROW:** Jackson Lopez (11), Taylor Zezovski (11), Brian Scott (11), Madison Reed (10), Justin Aponte (9)

JUNIOR CLASS CABINET

FRONT ROW: Brooke Breymeyer (11), Karah Sikora (11), Marina Wuchenich (11), Brenna Sealy (11), Chloe Campbell (11) **SECOND ROW:** Tenley Edvardsen (11), Juliana Villagomez (11), Paige Pearson (11), Mackenzie Zielke (11), Morgan Risser (11), Hala Haddad (11), Edward Rosenwinkel (11) **BACK ROW:** Isabella Brazzale (11), Jamie Szczecina (11), Claire Nowacki (11), Emma Kritenbrink (11), Alexandra Rigg (11), Malak Shurbaji (11), Katelyn Kazakevicius (11), Madisen Pivoney (11)

LIFEGUARDS

FRONT ROW: Abigail Burton (10), Lindsey McCarroll (12), Laura Flores (12), Josef Rinaldi (12), Lacey Konrath (11), Carmela Gallardo (10) **SECOND ROW:** Mark Bolz (10), Victoria Usak (12), Elizabeth Garcia (11), Skylar Noonan (11), Allison Helfers (11), Kenyon Gondek (12), Maggie DePirro (12), Kenneth Cloghessy (10) **THIRD ROW:** Chance Sears (11), Ashlyn Slavich (10), Kristin Downey (10), Katelyn Zajeski (10), Tayler Zajeski (12), Cierra Kubacki (11), Isabella Brazzale (11), Charles Newton (12) **BACK ROW:** Casey Lane (11), Amber Engelhaupt (12), Anthony Leber (12), Lila Rogers (10), Dana Cloghessy (12), Cooper Deabel (10), Hope Cooper (12), James White (12), Dimitri Nassenstein (12)

NATIONAL HONOR SOCIETY

FRONT ROW: Andie Kalemba (11), Charming Guirgus (11), Maggie DePirro (12), Maisie Westerfield (12), Miranda Prowse (12), Adriana Rodriguez (11), Grace Gineris (12) **SECOND ROW:** Nicole Wasyliw (11), Rachel Holechko (11), Hannah Kosinski (12), Lydia Farmer (12), Hayley Matlon (12), Grace Bentkowski (12), Nicole Rytczak (12), Allison Peterson (11) **THIRD ROW:** Jacqueline Kosina (11), Trinity Czarnik (11), Carina Hernandez (12), Cindy Lin (12), Kelli Biancardi (12), Mia Martinez (12), Jade Mehok (12), Kayla Longfield (11), Madisen Pivoney (11) **FOURTH ROW:** Ashleigh Thompson (11), Charmagne Abangan (12), Alyssa Klimowski (11), Hala Haddad (11), Alexa Calonia (12), Jessica Almaraz (12), Jamie Szczecina (11), Shelby Palmer (11) **BACK ROW:** Katelyn McClellan (12), Kalli Blankenship (12), Brooke Czaja (12), Blessing Nnate (12), Julie Wasyliw (11), Taylor Morris (11), Lindsey O'Keefe (11)

NATIONAL HONOR SOCIETY

FRONT ROW: Ryan Huppenthal (11), Thomas Matlon (11), Noah Grimmer (11), Bryce Munsie (11), Allison Mybeck (11), Allyson King (11), Michaela Spears (12), Carson Schalk (11) **SECOND ROW:** Edward Rosenwinkel (11), Brianna Rhomberg (12), Jessica Barenie (12), Sophia Fara (11), Megan Cluck (12), Genelle Snider (11), Olivia Kozy (12), Audrey DiFilippo (11), Claire Lindborg (11) **THIRD ROW:** Paige Bakker (11), Haley Baker (11), Mackenzie Mannino (11), Caroline Good (11), Kayla Freel (11), Haley Turek (12), Ainsley Rothgeb (11), Joshua Burton (12), Claire LaVoie (11) **BACK ROW:** Warren Chekaluk (12), Danielle Colantuono (12), Peyton Pepkowski (11), Riley Knestrict (11), Emily Thomas (11), Viviana Lomeli (11), Mya Bell (12), Kayla Borowski (11), Sarah Huszar (11)

NATIONAL HONOR SOCIETY

FRONT ROW: Kelsey Lavin (11), Gina Blackburn (12), Tenley Edvardsen (11), Jackson Lopez (11), Krista Matakovic (12), Morgan Lareau (12), Sarah Cunningham (11), Hanna Kerollos (11) **SECOND ROW:** Jack Schilling (11), Jason Doyle (11), Nathan Doyle (12), Gianni DiTola (11), Abhinav Ayinampudi (11), Aneesh Poddutur (11), Victor Gust (12) **THIRD ROW:** Cameron Little (11), Nicholas Firlej (12), Elliot Basem (12), Philip Gust (11), Emily Dahn (11), Noelle Massa (11), Mallory Gagliardi (12), Nolan Rogers (12) **FOURTH ROW:** Rachel Mendoza (12), Lillian Zubeck (12), Rachel Kujawa (12), Paige Covelli (12), Caitlin O'Brien (12), Korey Marlow (12), Ralph Fernando (11) **BACK ROW:** Allison Centanni (12), Claire Bandstra (12), Madeline Bailey (12), Zachary Szumski (11), Trent Schneider (12), Ali Shakir (12), Declan Gallagher (11)

NATIONAL HONOR SOCIETY

FRONT ROW: Jelena Repak (11), Camryn Pamedis (11), Abigail Ruzas (11), Alexandra Rigg (11), Emma Robustelli (11), Malak Shurbaji (11), Andrew Huffman (11) **SECOND ROW:** Abigail Dobricky (11), Cassandra Morgan (11), Mariana Bendinelli (11), Perry Pappas (11), Jacob Malatestinic (12), Joseph Lopez (12), Connor Kaurich (12), Joshua Chen (12) **THIRD ROW:** Nolan Zahorsky (12), Nathaniel Grahovac (12), Carter Fox (12), Grayson Hill (12), Morgan Hoppe (12), Morgan Tattini (12), Samantha Hurubean (12), Ava Thompson (12) **FOURTH ROW:** Margaret Mulligan (12), Martha Davis (12), Kierra Crowe (11), Rachel Linker (12), Piper Spyrka (12), Violet Butler (12), Conner Caffarini (11), Emily Bell (12) **BACK ROW:** Morgan Taylor (12), Brenna Sealy (11), Dylan Jackson (12), Tyler Goncher (11), Graham Weber (11), Michael Olabintan (11)

NATIONAL HONOR SOCIETY

FRONT ROW: Elizabeth Sulek (11), Juliann Rymarczyk (11), Molly Tkach (11), Eliza Hoeckelberg (11), Taylor Anderson (11), Frida Arellano (12) **SECOND ROW:** Erik Napiwocki (12), Torie Harper (11), Luke Hamilton (11), Zachary Petrie (11), Matthew Tigges (11), Mark Banaag (12) **THIRD ROW:** Marko Kolundzija (12), Nathan Hodor (12), Alekzandr Rhody (11), Justuce Dobson (12), Ethan Pinarski (12), James Lustig (12) **BACK ROW:** Nicholas Anderson (12), Kyle Blum (12), Alexander James (12), Ethan Snodgrass (11)

N-TEENS

FRONT ROW: Yadira Jimenez (9), Ines Caballes (9), Catalina Vallejo (9), Isabella Rossi (9), Joanna Lomeli (10), Viviana Lomeli (10), Mrs. Kristina Collard **SECOND ROW:** Abigail Burton (10), Jonareene Rivera (10), Alexa Calonia (12), Noelle Quiroga (10), Elizabeth Solis (10), Adriana Rodriguez (11), Ava Moreno (9) **THIRD ROW:** Mia Martinez (12), Jade Mehok (12), Charmagne Abangan (12), Jacqueline Kosina (11), Audrey DiFilippo (11), Jenna Leep (9), Ayla Shakir (10) **BACK ROW:** Ayah Abdelsalam (9), Kimberly Hestermann (10), Jeylian Romo (9), Christyna Turner (9), Ella Budack (9), Ava Tieri (9), Brooke Follrad (9)

N-TEENS

FRONT ROW: Alexis Casillas (10), Joel Luevano (10), Icyss Meredith (10), Ingrid Owczarzak (10), Camille Hauber (10), Madelyn Porter (9), Olivia Klein (9), Mrs. Kristina Collard **SECOND ROW:** Ava Wilson (9), Isabelle Kandalec (9), Jillian Robbins (9), Parneet Gill (9), Maya Trivunovic (9), Sarah Cunningham (11), Emily Dahn (11) **THIRD ROW:** Elizabeth Sulek (11), Molly Tkach (11), Juliann Rymarczyk (11), Eliza Hoeckelberg (11), Brenna Sealy (11), Morgan Taylor (12), Clarissa Moreno (10) **BACK ROW:** Alayna Wilkening (10), Jackson Lopez (11), Tenley Edvardsen (11), Jackson Novak (10), Frida Arellano (12), Taylor Anderson (11)

QUILL & SCROLL

FRONT ROW: Hannah Kosinski (12), Charmagne Abangan (12), Frida Arellano (12), Jade Mehok (12) **BACK ROW:** Emily Bell (12), Maisie Westerfield (12), Joshua Chen (12), Morgan Taylor (12), Brenna Sealy (11)

ROBOTICS

FRONT ROW: Abby Beauchamp (10), Ethan Halbe (10), Citlali Lopez (10) **BACK ROW:** Shelby Palmer (11), Karsten Palm (10), Scott Frendling (10)

RUNE

FRONT ROW: Madisen Pivoney (11), Brenna Sealy (11), Morgan Taylor (12) **BACK ROW:** Raeann Risos (9), Antonia Alexiou (10), Alexis Knight (10)

SCIENCE OLYMPIAD

FRONT ROW: Thao Nguyen (11), Reine Carrasquillo (11), Stephanie Colby (12), Gabriel Bellar (10), Yara Hijaz (10), Emily Denny (10), Allison Peterson (11) **SECOND ROW:** Brittany Geer (10), Nirali Bhatt (10), Ingrid Owczarzak (10), Maximilian Cervantes (10), Alex Watta (10), Kevin Aharrah (9), Christian Mason (9) **THIRD ROW:** Sydney Ignasiak (9), Noelle Massa (11), Mallory Gagliardi (12), Caitlin O'Brien (12), Rachel Mendoza (12), Joseph Lopez (12), Connor Kaurich (12), Nicholas Firlej (12) **FOURTH ROW:** Ethan Schassburger (10), Gianni DiTola (11), Evan Gundelach (11), Jack Schilling (11), Evan Taylor (10), Mackinlee Keener (11) **BACK ROW:** Cadyn Boeckstiegel (10), Sebastian Salamanca (11), Elliot Basem (12), Shelby Palmer (11), Alexander Handell (10), Joshua Zapata (10)

SENIOR CLASS CABINET

FRONT ROW: Hayley Matlon (12), Jessica Almaraz (12), Jade Mehok (12), Frida Arellano (12), Mia Martinez (12), Charmagne Abangan (12), Joshua Chen (12) **SECOND ROW:** Jeanoa Cameron (12), Brooke Czaja (12), Kalli Blankenship (12), Dylan Jackson (12), Ava Thompson (12), Maisie Westerfield (12), Lillian Zubeck (12) **BACK ROW:** Trent Schneider (12), Connor Kaurich (12), Joseph Lopez (12), Jacob Malatestinic (12), Nathaniel Grahovac (12), Douglas Belcaster (12), Margaret Mulligan (12)

SIGN LANGUAGE

FRONT ROW: Isabelle Majchrowicz (11), Tatum Murawski (12), Grace Bentkowski (12), Delanie Flynn (12), Nicole Rytczak (12), Zachary Millard (11) **BACK ROW:** Michael Connelly (11), Aiyana Trevino (11), Mariya O'Grady (12)

SOHPOMORE CLASS CABINET

FRONT ROW: Pia Lopez (10), Krista Kulacz (10), Jonareene Rivera (10), Kimberly Hestermann (10), Noelle Quiroga (10), Elizabeth Solis (10), Maya Pasyk (10) **SECOND ROW:** Karina Rivera (10), Alexis Casillas (10), Icyss Meredith (10), Paige Reitz (10), Ingrid Owczarzak (10), Clarissa Moreno (10), Gabriella Grahovac (10), Brooklyn Winchell (10) **THIRD ROW:** Camille Hauber (10), Charlotte Harmon (10), Nirali Bhatt (10), Lauren Galocy (10), Teagan Lollis (10), Bailey Egan (10), Lily Rogers (10), Emily Lopez (10) **BACK ROW:** Breanna Hutter (10), Maximilian Cervantes (10), Ava Stole (10), Tess Green (10), Jacob Rytczak (10), Joel Luevano (10), Jackson Novak (10)

SPELL BOWL

FRONT ROW: Liliana Hernandez (10), Alexa Calonia (12), Beata Karwaczka (10), Teagan Lollis (10)

STRING

FRONT ROW: Raeann Risos (9), Kathedra Csanyi (10)

STUDENT COUNCIL

FRONT ROW: Thao Nguyen (11), Grace Bentkowski (12), Nicole Rytczak (12), Jeanoa Cameron (12), Carina Hernandez (12) **SECOND ROW:** Marisa Dattulo (9), Kaitlyn Macki (9), Ryane O'Neill (9), Ines Caballes (9), Liliana Hernandez (10), Noelle Quiroga (10) **THIRD ROW:** Camille Hauber (10), Hayley Matlon (12), Madeline Bailey (12), Leilany Pena (11), Ava Moreno (9), Alexis Casillas (10), Joel Luevano (10) **BACK ROW:** Jacob Rytczak (10), Ali Shakir (12), Trent Schneider (12), Quinn McCall (9), Ralph Fernando (11), Jackson Novak (10), Richard Moore (10)

TECH HELP DESK

FRONT ROW: Raph Fernando (11), Erik Napiwocki (12), Alexander Peterson (12) **BACK ROW:** Mrs. Susan Schweitzer, Julian Sahagun (11), Lance Campbell (12), Matthew Tigges (11)

THESPIANS

FRONT ROW: Andie Kalemba (11), Cassandra Morgan (11), Mariana Bendinelli (11), Paige Varady (12), Frida Arellano (12), Madalyn Doot (12), Kayla Longfield (11), Seneca Howell (10) **BACK ROW:** Olivia Kozy (12), Rocco Popovich (10), Alexander Kohut (12), Tenley Edvardsen (11), Simon Grimler (10), Taylor Zezovski (11), Jackson Lopez (11), Allison Peterson (11)

WISE

FRONT ROW: Yadira Jimenez (9), Grace Gineris (12), Kathedra Csanyi (10), Abby Beauchamp (10), Carina Hernandez (12), Kaci Brimer (9) **SECOND ROW:** Cindy Lin (12), Haley Baker (11), Teresa Arroyo (9), Jacqueline Perez (10), Maya Gorney (9), Ava Moreno (9) **THIRD ROW:** Madeline Mansueto (9), Nadine Batista (9), Karina Mroz (9), Ellen Black (10), Julie Wasyliw (11), Nicole Wasyliw (11), Hannah Kosinski (12) **FOURTH ROW:** Katelyn McClellan (12), Jessica Toberman (12), Vicki Lin (12), Noelle Quiroga (10), Natalia Duvnjak (10), Peyton Staley (10 **BACK ROW:** Dylan Grzych (10), Lauren Galocy (10), Alexis Flores (10), Taylor Morris (11), Icyss Meredith (10), Paige Reitz (10)

WISE

FRONT ROW: Ainsley Rothgeb (11), Allison Mybeck (11), Allyson King (11), Brooklyn Winchell (10), Sydney Ignasiak (9), Erin Pistello (9), Saheli Parikh (10), Martha Davis (12) **SECOND ROW:** Seneca Howell (10), Chloe Baisa (10), Ariana Robinson (10), Teagan Lollis (10), Sarah Huszar (11), Lillian Zubeck (12), Emily Thomas (11), Rachel Linker (12) **THIRD ROW:** Madelyn Sternfeldt (10), Noelle Massa (11), Mallory Gagliardi (12), Caitlin O'Brien (12), Rachel Mendoza (12), Ashley Immig (12), Paige Covelli (12), Shelby Palmer (11), Claire LaVoie (11) **BACK ROW:** Morgan Lareau (12), Krista Matakovic (12), Rachel Linker (12), Paige Bakker (11), Khaila Freitag (10), Milana Bjelobaba (10), Paige Harrison (10), Claire Lindborg (11)

BEGINNING BAND

FRONT ROW: Katelyn Ley (9), Aaralynne Shapiro (9), Jayliannie Perez Santos (9), Kecia Pointer (9), Molly Nordyke (9), Noel Seljan (9), Ericka Rodriguez (9) **SECOND ROW:** Juliana Rivera (9), Braden Whitney (9), Nora Markley (9), Jillian Robbins (9), Joshua Selmon (9), Nachiket Magesh (9), Peter Economopoulos (9) **THIRD ROW:** Hayden Ivey (9), Aaron Rogers (9), Samuel Ring (9), Nathaniel Rodriguez (9), Kylie Knight (9), Dustin Johnson (9), Rachel Dennis (9), Trevor Polaski (9) **FOURTH ROW:** Benjamin Yatsko (9), Braylon Williams (9), Antonio Paz (9), Braedon Colburn (9), Max Masteller (9), Sean Garcia (9), Matthias Rechtien (9) **FIFTH ROW:** Kevin Aharrah (9), Rafael De La Paz (9), Matthew Samels (9), Niko Sciarrabba (9), Jacob Keleher (9), Mason Textor (9), Maxton Swantko (9) **BACK ROW:** Matthew Williams (9), Nicholas DeVries (9), Nicholas Diaz (9), Andrew Schneider (9), Georgio Koultourides (9), Vasilio Koultourides (9)

BELLS I

FRONT ROW: Susanna Noonan (12), Abigail Burton (10), Maya Gorney (9), Brelin Dickerson (10), Abigail Lawson (12), Elizabeth Sulek (11) **SECOND ROW:** Madisen Pivoney (11), Layali Abdelqader (10), Hope McKinney (11), Kayla Longfield (11), Taylor VanLinden (12), Molly Tkach (11), Megan Cluck (12) **BACK ROW:** Isabella Tanis (12), Brianna Rhomberg (12), Nicole South (12), Tiffanie Richerme (11), Grace Glasgow (11), Kelley Williams (12), Kyle Broz (12)

BELLS II

FRONT ROW: Susanna Noonan (12), Abigail Burton (10), Madisen Pivoney (11), Hope McKinney (11) **BACK ROW:** Kayla Longfield (11), Isabella Tanis (12), Brianna Rhomberg (12), Tiffanie Richerme (11), Kelley Williams (12)

COLOR GUARD

FRONT ROW: Elliot Wallis (10), Jessica Presta (10), Charming Guirgus (11), Olyvia Panici (10), Serenity Picazzo (9), Alexandra Sobczak (9) **SECOND ROW:** Victoria Crenshaw (10), Sarah Aurelio (12), Alexandra Crenshaw (9), Karina Rivera (10), Liliana Haro (11), Melissa Mancera (10) **BACK ROW:** Alexis Mueller (11), Izabella Habzansky (11), Alysha Wenglarz (10), Kendallyn Katona (9), Paige Campbell (10), Ariana Robinson (10)

CONCERT BAND

FRONT ROW: Isabela Wander (10), Carissa Castellanos (11), Amanda Massa (11), Kayla Banks (12), Vanessa Rodriguez (12), Isabela Gomez (10), Meghan O'Hara (10) **SECOND ROW:** Jessica DeBok (10), Rebecca Villarreal (11), Emily Meseberg (10), Elizabeth Peloza (10), Paige Campbell (10), Alexander Bond (10), Maximilian Cervantes (10), Joshua Hunter (11) **THIRD ROW:** Jacquelyn O'Hara (11), Tyler Sharkey (10), Tabatha Bueno (11), Elizabeth Garcia (11), Abigail Miller (11), Ryan O'Connor (12), Chance Sears (11) **FOURTH ROW:** James Olson (9), Jared Bober (12), Austin Boudi (9), Tony Flowers (12), Jaylen Winslow (11), Caden Weston (11) **BACK ROW:** Andrew Holowaty (11), Logan Yugo (11), Jacob Sues (10), Lance Campbell (12), Nolan Rogers (12), Jacob Stan (11), Quinn Stroud (11)

CONCERT CHOIR

FRONT ROW: Emily Wallis (10), Samantha Perez (12), Lydia Farmer (12), Emily Soeka (12), Stephanie Colby (12), Witzillin Escamilla-Sauceda (10) **SECOND ROW:** Sophia Hoogeveen (11), Ava Solis (12), Hope McKinney (11), Chloe Baisa (10), Rachel Davids (11), Megan Cluck (12) **THIRD ROW:** Emily Mosher (12), Conner Caffarini (11), Rocco Popovich (10), Kelley Williams (12), Grace Glasgow (11), Evan Gundelach (11) **BACK ROW:** Tenley Edvardsen (11), Jackson Lopez (11), Kyle Broz (12), Violet Butler (12), Ethan Sheely (10), Garion Frank (10), Aaron Gordon (11)

COUNTERPOINTS

FRONT ROW: Ava Solis (12), Aaron Gordon (11), Lydia Farmer (12), Elliot Wallis (10), Tenley Edvardsen (11), Kyle Broz (12) **BACK ROW:** Stephanie Colby (12), Evan Gundelach (11), Megan Cluck (12), Jackson Lopez (11), Emily Mosher (12), Kelley Williams (12)

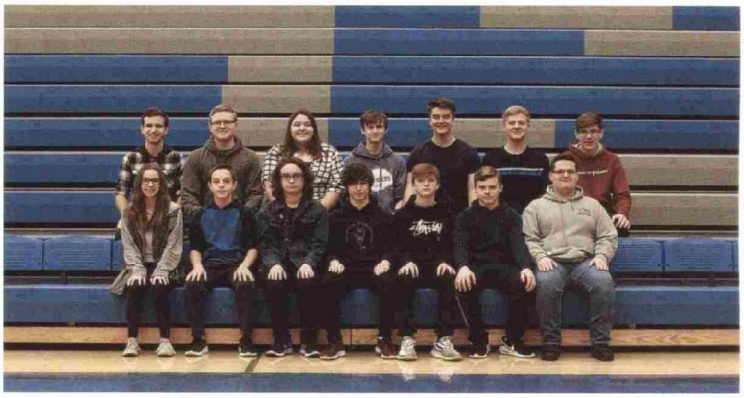
DECAPO

PICTURED: Rocco Popovich (10), Aaron Gordon (11), Jackson Lopez (11) **NOT PICTURED:** Kyle Broz (12), Violet Butler (12), Conner Caffarini (11), Witzillin Escamilla-Sauceda (10), Evan Gundelach (11), Ethan Sheely (10), Kelley Williams (12)

JAZZ I

FRONT ROW: Kayla Garza (10), Stephanie Haynes (11), Nathaniel Sorrentino (11), Bennett Garvey (11), Ethan Foster (10), Matthew Towry (11), Mark Ring (12) **BACK ROW:** Jaylen Winslow (11), Nathan Doyle (12), Mason Meyers (10), Corbin Jennette (11), Andrew Huffman (12), Benjamin Reder (12), Mackenlee Keener (11), Nolan Rogers (12)

JAZZ II



FRONT ROW: Amanda Massa (11), Samuel Ring (9), Jacob Reed (11), Adam Glass (9), Evan Curtis (9), Jeremy Archer (9), Evan Taylor (10) **BACK ROW:** Mark Ring (12), Andrew Huffman (12), Elizabeth Peloza (10), Noah White (9), Quinn Stroud (11), Lucas Slowiak (10)

JUNIOR TREBS

FRONT ROW: Lauren Miller (9), Noelie Guerrero (9), Marissa Novosel (9), Jojen Eves (9), Kyla Comer (9), Teresa Arroyo (9), Lexi Scartozzi (9), Mya Warner (9) **SECOND ROW:** Aileen Verdoza-Luevano (9), Bailee Carroll (9), Ariana Crouch (9), Elizabeth Colby (9), Chloe Grant (9), Elouise Planert (9), Ella Birgel (9) **THIRD ROW:** Lauren Kreuger (9), Klaudia Morsovillo (12), Jennifer Williams (9), Megan Dalla Costa (9), Morgan Wordlaw (10), Miranda Tornai (9), Victoria Olson (9), Megan Soeka (9) **BACK ROW:** Ava Wilson (9), Cailin Meyers (9), Lauren Fischer (9), Alexandra Thomsen (10), Kendallyn Katona (9), Mia Somenzi (11), Amaya Ross (9)

SENIOR TREBS

FRONT ROW: Liliana Hernandez (10), Kaedynce Alcala (10), Lindsey McCarroll (12), Adilene Lopez (12), Emily Soeka (12), Lydia Farmer (12) **SECOND ROW:** Ashlyn Vargo (11), Brelin Dickerson (10), Hope Mckinney (11), Madison Bakouris (11), Abigail Lawson (12), Jada Silvera (10), Caitlyn Cox (10) **THIRD ROW:** Alison Irace (10), Mackenzie Zielke (11), Maryclare Blum (11), Lily Taylor (11), Kathryn Cluck (11), Sophia Textor (10), Gabriell Fredrickson (11) **BACK ROW:** Abigail LaBelle (12), Rebecca Mitchell (12), Megan Cluck (12), Sydney Gibson (11), Ashleigh Thompson (11), Nicole South (12), Kelley Williams (12)

SYMPHONIC BAND

FRONT ROW: Madeline Mansueto (9), Jacqueline Perez (10), Monica Rodgers (10), Jimena Jimenez (11), Matthew Krizic (11), Dominic De la Cruz (11), Chloe Campbell (11) **SECOND ROW:** Juliana Villagomez (11), *Jessica Cruz* (9), *Sydney Cox* (9), *Paige Pearson* (11), Nadine Batista (9), *Joanna Kouros* (9), Izabella Habzansky (11) **THIRD ROW:** Breanna Hutter (10), Saheli Parikh (10), Alexis Grady (12), Jared Moffitt (10), Ian Gabbert (10), Reid Veracco (9), Olivia Jabczynski (9) **FOURTH ROW:** David Studzinski (10), Connor Yugo (11), Jeremy Archer (9), Kevin Huffman (10), Mason Meyers (10), Olivia Safranek (9), Eli Cook (10) **BACK ROW:** Colin Mauch (10), Nataniel Klein (10), Frank Olson (9), Cooper Deabel (10), Evan Taylor (10), Luke Hermanek (11), Matthew Barone (10), Elijah Rauch (10), Elijah Nazimek (9), Lucas Slowiak (10)

TREBLAIRES

FRONT ROW: Hope McKinney (11), Rachel Davids (11), Nicole South (12), Brelin Dickerson (10), Chloe Baisa (10), Sophia Hoogeveen (11), Madison Bakouris (11) **BACK ROW:** Abigail Lawson (12), Allison Irace (10), Mary Clare Blum (11), Isabella Tanis (12), Grace Glasgow (11), Sophia Textor (10), Kathryn Cluck (10)

VARSITY CHOIR

FRONT ROW: Marwa Awwad (12), Erica Burnham (11), Torey Metz (11), Trinity Monegain (10), Isabelle Majchrowicz (11), Kailey Florkiewicz (10), Juliette Falcioni (11), Tia Scott (10), Madison MacLagan (12) **SECOND ROW:** Zachary Millard (11), Thomas Kleszynski (12), Nathan Vasquez (12), Noah Gottfried (12), Kareem Grant (9), Joshua Janik (10), Alexis Knight (10), Amber Stone (9) **THIRD ROW:** Brianna Cook (10), Witzillin Escamilla-Sauceda (10), Isabelle Nash (11), Sophia Hoogeveen (11), Ava Solis (12), Lauren Kutcka (10), Lydia Farmer (12) **BACK ROW:** Brianna Wagner (12), Megan Cluck (12), Kelley Williams (12), Chasity Huff (11)

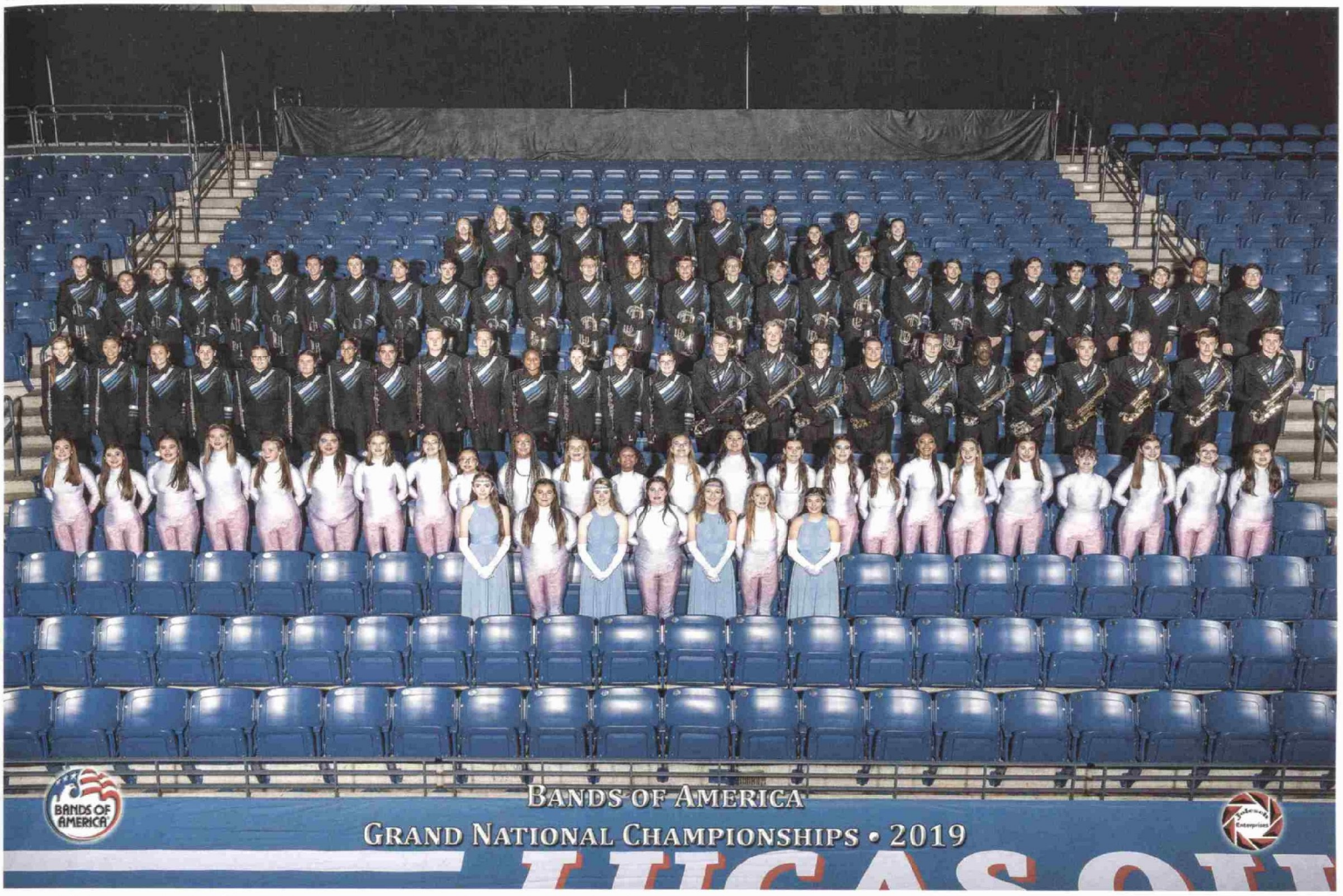
WIND ENSEMBLE

FRONT ROW: Emily Denny (10), Yara Hijaz (10), Kayla Borowski (11), Macie Arena (10), Hannah Markley (12), Jessica Barenie (12), Sarah Huszar (11), Kayla Garza (10) **SECOND ROW:** Emma Westerfield (11), Stephanie Haynes (11), Gianna Silvers (12), Haley Turek (12), David Vazquez (10), Jacob Orozco (10), *Michael Castellanos* (12), *Bryce Munsie* (11), *Mackinlee Keener* (11) **THIRD ROW:** Matthew Towry (11), Nathaniel Sorrentino (11), Victor Gust (12), Mark Ring (12), Emily Dahn (11), Sanja Aleksic (10), Grayson Hill (12), Elliot Basem (12) **FOURTH ROW:** Robert Hernandez (12), Edward Rosenwinkel (11), Corbin Jennette (11), Owen Riordan (9), Andrew Huffman (12), Connor Yugo (11), Cameron Gonsiorowski (11), Morgan Lareau (12), Castin York (11) **BACK ROW:** Benjamin Reder (12), Patrick O'Donnell (12), Nicholas Peloza (12), Nolan Rogers (12), Christopher Wierzbicki (10), Karsten Palm (10), Claire Lindborg (11), Adam White (10)

WINTER PERCUSSION

FRONT ROW: Isabela Wander (10), Amanda Massa (11), Macie Arena (10), Kylie Knight (9), Nathaniel Sorrentino (11) **BACK ROW:** Benjamin Yatsko (9), Edward Rosenwinkel (11), Emily Dahn (11), Logan Yugo (11), Benjamin Reder (12), Tyler Murray (10)

MARCHING BAND



FRONT ROW: Morgan Lareau (12), Liliana Haro (11), Kayla Borowski (11), Emily Mosher (12), Kelsey Lavin (11), Sarah Aurelio (12), Gianna Rea (12) **SECOND ROW:** Victoria Crenshaw (10), Olyvia Panici (10), Karina Rivera (10), Jenna Sprouse (11), Nicole Smith (11), Isabella Habzansky(11), Kendallyn Katona (9), Makayla Karagan (10), Charming Guirgus (11), Ariana Robinson (10), Alexis Mueller (11), Brooklyn Smith (10), Alysha Wenglarz (10), Emma Vasquez (9), Morgan Bis (9), Melissa Mancera (10), Jessica Presta (10), Kaleigh Benson (10), Alexandra Sobczak (9), Alexandra Crenshaw (9), Emily Wallis (10), Paige Campbell (10), Reily Stan ('24), Ericka Rodriguez (9) **THIRD ROW:** Madeline Barnes (12), Kaila Sumrall (12), Meghan Jureczko (12), Rebecca Villarreal (11), Noel Seljan (9), Monica Rodgers (10), Saheli Parikh (10), Michael Castellanos (12), Claire Lindborg (11), Caden Weston (11), Kecia Pointer (9), Sarah Huszar (11), Erin Seliger (12), Emily Meseberg (10), Maxton Swantko (9), Quinn Stroud (11), Maximilian Cervantes (10), Theodore Tsakopoulos (9), Andrew Lane (12), Corbin Jennette (11), Katherine Markley (11), Nicholas Malesh (10), Eli Cook (10), Lance Campbell (12), Nolan Rogers (12) **FOURTH ROW:** Bridget Cain (12), Vanessa Rodriguez (12), Daniel Brady (11), Luke Hammond (9), Kevin Huffman (10), Karsten Palm (10), Cameron Gonsiorowski (11), Connor Yugo (11), Mason Meyers (10), Joseph Obbagy (12), Hannah Markley (12), Jacob Stan (11), Andrew Huffman (12), Lucas Veloz (11), Nicholas Peloza (12), Jared Bober (12), Cole Vendl (12), Nicholas Vanderveen (10), Lucas Slowiak (10), Ethan Frendling (12), Robert Hernandez (12), Macie Arena (10), Benjamin Reder (12), Jesus Jimenez (9), Benjamin Yatsko (9), Antonio Paz (9), Jaylen Winslow (11), Ricardo Paz (12) **BACK ROW:** Brenna Sealy (11), Emily Dahn (11), Catherine Economopoulos (12), Victor Gust (12), Jacob Stutler (11), Castin York (11), Logan Yugo (11), Mark Ring (12), Isabela Wander (10), Kylie Knight (9), Isabela Gomez (10)

GIRLS GOLF

FRONT ROW: Missy Haberling (manager), Molly Nordyke (9), Isabel Urbanski (9), Jill Jacobs (10), Ryane O'Neill (9), Savannah Williamson (11) **BACK ROW:** Coach Andrew Gurnak, Caroline Good (11), Kamyran Golec (9), Krista Matakovich (12), Cierra Kubacki (11), Olivia Safranek (9), Danielle Colantuono (12), Braeden Mahoney (11), Coach Richard Ohlenkamp

LAFAYETTE JEFF INVITATIONAL	**6TH**
GIRLS GOLF INVITATIONAL	**2ND**
CROWN POINT INVITATIONAL	**4TH**
WEST LAFAYETTE INVITATIONAL	**2ND**
HALL OF FAME	**10TH**
PAT FORD INVITATIONAL	**4TH**
SECTIONALS	**1ST**
REGIONALS	**4TH**

VARSITY BOYS TENNIS

FRONT ROW: Connor Pinskey (10), David Spriggs (10), William George (12), Kyle Kennedy (10), Carson Miller (11) **BACK ROW:** Coach Ralph Holden, Nathan Doyle (12), John Verhas (12), Ryan McDaniel (11), Griffen Swartzentruber (11), Luis Martinez (11), Coach Nicholas Podrebarac

MUNSTER	**L 5-0**	MERRILLVILLE	**W 5-0**
HIGHLAND	**W 5-0**	CONCORD INVITE	**4TH**
LAFAYETTE HARRISON	**L 5-0**	CROWN POINT	**L 4-1**
MCCUTCHEON	**L 3-2**	PORTAGE	**W 4-1**
VALPARAISO	**L 5-0**	HANOVER CENTRAL	**W 5-0**
LAPORTE	**L 3-2**	CHESTERTON	**L 4-1**
MACY INVITE	**2ND**	HANOVER CENTRAL	**W 3-2**
MICHIGAN CITY	**W 5-0**	RENSSALAER	**W 5-0**
LOWELL	**W 4-1**	CROWN POINT	**L 5-0**

JV BOYS TENNIS

FRONT ROW: Nicholas Vorreyer (9), Sean Pletz (10), Ayan Mohammed (11), Cuantemac Lopez (12), Collin Pinskey (10) **BACK ROW:** Coach Ralph Holden, David Dingman (11), Aneesh Poddutur (11), Dejan Tomic (11), Coach Nicholas Podrebarac

MUNSTER	**L 5-0**	LOWELL	**W 4-1**
HIGHLAND	**W 4-0**	MERRILLVILLE	**W 3-1**
LAFFAYETTE HARRISON	**L 5-0**	PLYMOUTH INVITATIONAL	**3RD**
MCCUTCHEON	**W 5-0**	CROWN POINT	**L 3-2**
VALPARAISO	**L 5-0**	PORTAGE	**W 4-2**
LAPORTE	**W 5-0**	HANOVER	**W 5-0**
MICHIGAN CITY	**W 5-0**	CHESTERTON	**L 5-0**

GIRLS CROSS COUNTRY

BACK ROW: Coach Morgan Kleinamen, Ingrid Owczarzak (10), Charlotte Harmon (10), Lillian Zubeck (12), Cora Lane (10), Coach Jillian Tharp, Rachel Kujawa (12), Emily Thomas (11), Khaila Freitag (10), Olivia Figg (10), Nora Markley (9), Coach Amanda Pritt **THIRD ROW:** Isabelle Kandalee (9), Isabella Simkus (10), Noelle Quiroga (10), Lillian Rizzo (12), Peyton Staley (10), Kylie Carroll (10), Hannah Roth (12), Kaylee Hoffman (12), Sarah Gross (11), Amanda Spainard (9), Kimberly Hestermann (10), Rachel Narjes (10) **SECOND ROW:** Corrinne Gillette (9), Abby Martisek (11), Mackenzie Schilling (11), Carly Davis (10), Taylor Kosiek (10), Emily Marcotte (10), Natalie Kransky (9), Brooke Batema (9), Elizabeth Reyes (12), Jovanna Emerick (9), Jona Rivera (10) Front Row: Katelyn Ley (9), Natalie Swanson (11), Samantha Lazowski (9), Abby Barrett (10), Riley Knestrict (11), Abigail Zachary (11), Krista Kulacz (10), Sarah Swatash (9), Mia Born (11), Claire Goggin (11)

CROWN POINT	**1ST**	DAC	**2ND**
CROWN POINT INVITATIONAL	**1ST**	IHSAA HIGHLAND SECTIONAL	**1ST**
BOB THOMAS INVITE	**2ND**	IHSAA CROWN POINT REGIONAL	**2ND**
CULVER ACADEMICS		IHSAA NEW PRAIRIE SEMI-STATE	**5TH**
INVITATIONAL	**16TH**	IHSAA STATE FINAL	**18TH**

BOYS CROSS COUNTRY

BACK ROW: Coach Jeffery Rhody, Warren Chekaluk (12), Caden Cooper (12), Alekzandr Rhody (11), Nathan Jendreas (10), Jack Wolstenholme (10), Kyle Birgel (11), Hayden Podline (11), Dylan Lopez (9), Trey Scheub (10), Coach Todd Iwema **MIDDLE ROW:** Michael Aurelio (10), Zach Tobin (12), Vincent Vanderveen (10), Zakaria Mohiuddin (11), Daniel McGrath (11), Edison Szafarczyk (10), Trevor Polaski (9), Jordan Duggan (11), Alexander Katona (12), Pete Staggs (11), Braden Johnson (11), Trevor Hatfield (12), Nathan Deedrick (10), Ryan Graziano (9) **FRONT ROW:** Logan Russell (11), Zachary Seljan (11), Zachary Brown (10), Ethan Schassburger (10), Benjamin Schmitt (10), Corey Napawocki (9), Miles Moore (10), Avery Ramos (10), Isaac Maddrigal (10), Braden Boggs (9), Kaden Smith (9)

CROWN POINT INVITE	**2ND**
HARRISON INVITATIONAL MEET	**6TH**
BOB THOMAS INVITE	**3RD**
CULVER ACADEMICS INVITATIONAL	**13TH**
DAC	**5TH**
IHSAA HIGHLAND SECTIONAL	**1ST**
IHSAA CROWN POINT BOYS REGIONAL	**2ND**
IHSAA NEW PRAIRIE SEMI-STATE	**6TH**
IHSAA STATE FINAL	**25TH**

JV & VARSITY FOOTBALL

FRONT ROW: Alana Taylor (11), Sofin Burlson (12), Mykle Davis (10), Keyon Harris (11), Desmonn Smith (12), Sir Felix Garcia (12), Jackson Sarbieski (12), Amari Hawkins (10), Joel Marquez (11), Mateo Cortez (10), Max Creasbaum (10), Xavier Gomez (10), Giovani Senuit (11), San Richter (11), Kaden Jull (12) **SECOND ROW:** Dan Nykeiel (12), Noah Grimer (11), Mel Hay (10), Matt Wells (10), Angel Sanchez (12), Christopher Jones (12), Joseph Eisha (12), Jack Hickey (11), Zach Rangel (12), Anthony Saeuz (11), Bo Bais (11), Josepi Venagas (11), Quincy Fleming (12), Nick Manfred (11), Jalen Wigley (11) **THIRD ROW:** Richardo Guerrero (11), Ryan Foster (12), Caleb Griffin (12), Brandon Oszust (11), Luke Neidy (10), Jalen Barrow (11), Evan Durest (10), Eric Burns (12), Georse Gorgiesski (12), Leo Bowman (10), Derek Baldin (11), Aaron Micholichack (10), Johnathan Eldridge (10), Bennet Basco (11), Ryan Mayton (12), Justin Tabor (11) **FOURTH ROW:** William Churchill (10), Gerald Charley (12), Jared Ivey (12), Marco Bais (10), Sam Pisowichz (11), Kristopher Prisco (10), Logan Kwikowski (11), Carter Schuster (10), Parker Wealty (11), Diego Garcia (10), Jake Griguitis (12), Jared Gibson (12), Seth Garcia (11), Shahiya Cuajushan (12), Zach Writt (12), Brayden Coyle (11) **FIFTH ROW:** David Salinas (11), Joshua Crowe (12), Sam Long (11), Nicholas Engalhapt (10), Brandon McNeal (12), Nathan Hodor (12), Domo Cotton (12), Armond Earving (11), Mateo Cedano (12), Ken Closky (10), Jesus Josn (12), Marc Henry Deragohe (12), Curtis Gills (12), William Rauch (11), Marco Ciaeoni (12), Peyton Brach (11), Tyler Wellan (10) **SIXTH ROW:** Athletic Trainer Taylor Shoemake, Coach Robert Komara, Coach Scott Hilyard, Coach Jeanette Gray, Quarterback Coach Mark Strbjak, Head Coach Anthony Bartolomeo, Offensive Line Coach Patrick Damron, Linebacker Coach Greg Holdeman, Defensive Coordinator Patrick Winters, Athletic Trainer Christopher Hall

JV

MUNSTER	**W 37-0**
MORTON	**W 43-0**
PORTAGE	**W 16-13**
CROWN POINT	**L 22-26**
LAPORTE	**W 17-7**
MICHIGAN CITY	**L 36-6**
CHESTERTON	**L 7-21**
MERRILLVILLE	**W 7-0**
VALPARAISO	**L 6-35**

VARSITY

MUNSTER	**W 37-7**
HAMMOND MORTON	**L 20-0**
PORTAGE	**W 30-21**
CROWN POINT	**L 10-0**
LAPORTE	**L 31-14**
MICHIGAN CITY	**W 13-7**
CROWN POINT	**L 22-26**
LAPORTE	**W 17-7**
MICHIGAN CITY	**L 36-6**
CHESTERTON	**L 38-0**
MERRILLVILLE	**L 41-21**
VALPARAISO	**L 44-14**
CROWN POINT	**L 22-7**
PORTAGE	**L 34-14**
CHESTERTON	**L 7-21**
MERRILLVILLE	**W 7-0**
VALPARAISO	**L 6-35**

VARSITY VOLLEYBALL

FRONT ROW: Samantha Hurubean (12), Madeline Bailey (12), Amber Engelhaupt (12), Paige Onjack (10), Gabrielle Sandoval (11), Vanessa Anya (12) **BACK ROW:** Head coach Matthew Clark, Ashleigh Griffin (11), Emma Best (11), Margaret Mulligan (12), Madison Vander Meer-Erickson (10), Caroline Krueger (10), Lillian Robinson (11), Josephine Mulligan (11), Kathrine Mahoney (11), Coach William Gray

ILLIANA CHRISTIAN	W 3-0	MERRILLVILLE	W 3-0
ANDREAN	L 3-2	MUNSTER	L 3-0
ANDREAN	L 2-1	LAPORTE	L 3-0
HOMESTEAD	L 2-1	VALPARAISO	W 3-2
NORTHWOOD	L 2-0	LOWELL	W 3-0
HAMMOND BISHOP NOLL	W 2-0	CHESTERTON	W 3-2
VALPARAISO	W 3-2	FORT WAYNE NORTHROP	W 2-1
CHESTERTON	W 3-2	FAIRFIELD	W 2-0
LOYOLA ACADEMY	L 2-0	WARSAW	W 2-0
BOLINGBROOK	W 2-0	FORT WAYNE BISHOP	
HINSDALE SOUTH	W 2-1	DWENGER	L 2-0
MARIAN CATHOLIC	L 2-0	PORTAGE	W 3-0
CROWN POINT	L 3-1	MICHIGAN CITY	W 3-0
PORTAGE	W 3-0	MERRILLVILLE	W 3-0
HIGHLAND	W 3-0	HIGHLAND	W 3-2
MICHIGAN CITY	W 3-1	MUNSTER	L 3-1

JV VOLLEYBALL

FRONT ROW: Mina Cardenas (10), Alyssa McClelland (10), Jacey Graham (9), Emilee Marten (10), Kori Kosteba (10), Alexis Kozel (10) **BACK ROW:** Claire Bender (10), Emily Lopez (10), Katia Nikolic (9),Bri Salinas (9),Mila Petkovic (9), Toni Cimino (10), Brooke Burkes (10), Coach Jessica Brzozowski-Fryzle

ILLIANA CHRISTIAN	W 2-0	MICHIGAN CITY	W 2-0
ANDREAN	L 1-2	MERRILLVILLE	W 2-0
BISHOP NOLL	W 2-0	MUNSTER	L 0-2
HARRISON	W 2-0	MARIAN CATHOLIC	W 2-1
CHESTERTON	W 2-0	LINCOLN WAY CENTRAL	W 2-0
CROWN POINT	L 0-2	LINCOLN WAY EAST	L 1-2
HIGHLAND	W 2-0	PORTAGE	W 2-0
VALPARAISO	W 2-0	MICHIGAN CITY	W 2-0
CHESTERTON	W 2-1	MERRILLVILLE	W 2-0
CROWN POINT	L 0-2	LAPORTE	L 1-2
PORTAGE	W 2-0		

FRESHMAN VOLLEYBALL

FRONT ROW: Rachel Hernandez (9), Katelyn Ruse (9), Ryan Swartzentruber (9), Hope Beatty (9), Sam Togtmen (9), Meghan Swacus (9) **BACK ROW:** Olivia Burke (9), Leah Lindborg (9), Coach Jackie Eader, Adeline Drake (9), Jillian Sandoval (9)

ILLIANA CHRISTIAN	W 2-0	CHESTERTON	W 2-0
ANDREAN	W 2-0	BOONE GROVE	W 2-0
HIGHLAND	W 2-0	LOWELL	W 2-0
VALPARAISO	W 3-0	LOWELL	W 3-0
CHESTERTON	W 3-0	CHESTERTON	W 2-0
CROWN POINT	W 2-0	CROWN POINT	W 3-0
PORTAGE	W 2-0	PORTAGE	W 2-0
MICHIGAN CITY	W 3-0	MUNSTER	W 2-0
MUNSTER	W 2-1	ILLIANA CHRISTIAN	W 3-0
LAPORTE	W 3-0	LAPORTE	W 3-0
VALPARAISO	W 3-0	LAPORTE	W 2-0
WHITING	W 2-0	LAPORTE	W 2-0

VARSITY BOYS SOCCER

FRONT ROW: Clayton Boender (10), Eli Lopez (10), Adrian Orciuch (12), Youssef Errihani (12), Joel Arteaga (10) **MIDDLE ROW:** Alyssa Todd (12) (manager), Sam Egnatz (10), Quentin Enyeart (10), Robert MacNeil (12), Jack Bailey (12), Tre' Adams (10), Ben Puch (10), Madison Zielke (11) **BACK ROW:** Coach Juan Zambrano, Jakob Noldin (10), Michael Schwer (11), Emilio Zambrano (11), Bryce Gross (12), Geno Zambrano (11), Hamza Abughofah (12), Oliver Doreski (10), Ryan Mauder (10), Derek Baldin (11), Coach Alex Thompson

CROWN POINT	**L 4-0**	TRINITY	**L 3-1**
SOUTH BEND ST. JOSEPH	**W 1-0**	LAPORTE	**W 4-0**
HIGHLAND	**W 3-0**	MORTON	**L 1-0**
MICHIGAN CITY	**W 2-0**	CHESTERTON	**L 2-1**
PENN	**T 3-3**	HIGHLAND	**W 3-0**
MUNSTER	**W 4-1**	VALPARAISO	**T 0-0**
PORTAGE	**W 2-0**	AVON	**W 2-0**
MCCRACKEN	**T 2-2**	HARRISON	**T 1-1**

JV BOYS SOCCER

FRONT ROW: Nolan Hatfield (9), Liam Blaze (10), Benjamin Puch (9), Clayton Boender (9), Gino Miranda (10), Sam Egnatz (9), Darko Grgic (10) **MIDDLE ROW:** Jakob Noldin (9), Kyle Kennedy (9), Adrian Orciuch (11), Adrian Bernal (9), Adan Reyes (10), Mathew Schwer (10) **BACK ROW:** Coach Alex Thompson, Coach Eric Graves, Joel Arteaga (9), Derek Baldin (10), Ryan Mauder (9), Geno Zambrano (10), Hamza Abughofah (11), Oliver Doreski (9), Micah Jones (10), Coach Jereme Rainwater, Coach Juan Zambrano

EAST CHICAGO	**W 2-0**	CROWN POINT	**W1-0**
HIGHLAND	**T 0-0**	HIGHLAND	**T 0-0**
BISHOP NOLL	**W 6-1**	MORTON	**W 5-0**
CROWN POINT	**T 0-0**	CHESTERTON	**L 1-2**
SOUTH BEND	**W 1-0**	HARRISON	**W 4-0**
VICTORY CHRISTIAN	**W 5-0**	LAPORTE	**W 5-0**
HIGHLAND	**W 2-0**	VICTORY CHRISTIAN	**T 1-1**
MICHIGAN CITY	**W 6-0**	VALPARAISO	**W 4-0**
PENN	**L 0-1**	ILLIANA CHRISTIAN	**W 2-0**
MUNSTER	**W 2-1**	AVON	**W 1-0**
VALPARAISO	**W 4-0**	MORTON	**W 2-0**
CROWN POINT	**W 1-0**	MERRILLVILLE	**W 6-0**
PORTAGE	**W 6-0**	GEORGE ROGERS CLARK	**W 3-0**

VARSITY & JV GIRLS SOCCER

FRONT ROW: Lauren Golden (9), Veronica Ruiz-Avila (11), Brenna Thompson (12), Amayah Myszak (9), Amarea Mixon (9), Abigail Burton (10), Elizabeth Solis (10), Viviana Lomeli (11), Joanna Lomeli (10) **SECOND ROW:** Rylie Szostak (12), Giovanna Esquivel (11), Alexzandria leamy (11), Yesenia Garcia (10), Allison Potpora (10), Maggie Fudacz (10), Elizabeth Tocci (9), Emily Soeka (12), Maggie Grudzien (10) **THIRD ROW:** Carmela Gallardo(10), Mackenzie Rainwater (12), Jillian Hearne (10), Emily Thomas (11), Tatumn Damron (11), Cameron Freitag (11), Olivia Houk (11), Gabrielle Murks (10), Madalyn Doreski (10), Abigail Gaitan (11), Coach Jenna Noel **BACK ROW:** Coach Amanda Keith, Madelynn Smith (10), Natalia Duvnjak (10), Erin Mauder (9), Sophia Hoyda (11), Aubrey Rowser (12), Coach Shawn Thomas, Emma Ruzycki (9), Taylor Czaja (10), Erin Pistello (9), Lauren Prasopoulos (9), Jasmine James (10)

CROWN POINT	**L 1-3**	MUNSTER	**W 3-0**
SOUTH BEND ADAMS	**L 8-0**	PORTAGE	**W 2-1**
LOWELL	**W 6-0**	MICHIGAN CITY	**W 7-0**
MERRILLVILLE	**W 4-0**	CARROLL	**L 0-2**
ANDREAN	**W 3-0**	MERRILLVILLE	**W 9-1**
VALPARAISO	**L 7-1**	WARSAW	**L 3-4**
CHESTERTON	**L 0-1**	EAST CHICAGO CENTRAL	**W 9-0**
LAPORTE	**W 8-0**	SOUTH BEND ADAMS	**T 2-2**
BISHOP NOLL	**W 7-0**	CROWN POINT	**L 3-2**
GRIFFITH	**W 3-1**		

VARSITY GIRLS BASKETBALL

FRONT ROW: Caitlyn Cox (10), Tiana Morales (11), Tatum Damron (11), Essence Johnson (10), Abby Oedzees (11), Katelyn Zajeski (10), Jennifer Tomasic (11), Madison Dulski (12) **BACK ROW:** Coach Brittany Gray, Coach Doug Godbolt, Aubrey Rowser (12), Taylor Jaksich (12), Kylie Blevins (9), Coach Joeseph Huppenthal, Amanda Blevins (10), Allison Mularski (12), Julia Nawrot (12), Coach Jay Jones, Coach Ricky Gard, Student Manager Jasmine Jones

LAKELAND	**L 37-69**	MISHAWAKA MARIAN	**L 32-48**
BENTON CENTRAL	**L 37-68**	WHITELNAD	**L 39-44**
FISHERS	**L 28-41**	PORTAGE	**L 44-49**
HAMILTON SOUTHEASTERN	**L 24-61**	KANKAKEE VALLEY	**W 54-47**
PENN	**L 43-47**	LAPORTE	**W 54-32**
CHESTERTON	**W 51-36**	GARY WEST	**W 68-39**
HIGHLAND	**W 50-22**	PORTAGE	**W 54-38**
MUNSTER	**L 41-44**	VALPARAISO	**L 25-38**
MERRILLVILLE	**W 68-33**	HAMMOND MORTON	**W 72-29**
ANDREAN	**L 41-44**	SOUTH BEND ST JOSEPH	**W 46-40**
MICHIGAN CITY	**W 49-44**	HIGHLAND	**W 42-34**
EAST CHICAGO CENTRAL	**L 21-54**	EAST CHICAGO CENTRAL	**W 57-38**
CROWN POINT	**L 45-36**	MUNSTER	**L 44-46**
LAKE STATION	**W 40-29**		

JV GIRLS BASKETBALL

FRONT ROW: Catherine Foster (10), Addison Graf (9), Brittani Koons (10) **BACK ROW:** Sanja Aleksic (10), Kiley Blevins (9), Coach Jay Jones, Katelyn Zajeski (10), Sydney Copak (10)

LAKELAND	**W 42-26**	CROWN POINT	**L 37-42**
BENTON CENTRAL	**W 47-43**	MISHAWAKA MARIAN	**L 38-46**
PENN	**L 26-48**	MUNSTER	**L 33-41**
CHESTERTON	**W 28-19**	KANKAKEE VALLEY	**W 37-23**
HIGHLAND	**W 40-13**	LAPORTE	**W 34-30**
MUNSTER	**W 36-20**	GARY WEST SIDE	**W 66-10**
MERRILLVILLE	**L 31-38**	PORTAGE	**L 27-42**
ANDREAN	**W 58-31**	VALPARAISO	**L 39-47**
MICHIGAN CITY	**W 57-27**	MORTON	**W 49-8**
EAST CHICAGO CENTRAL	**W 61-17**	SB ST. JOSEPH'S	**W 37-35**

FRESHMEN GIRLS BASKETBALL

FRONT ROW: Nura Musleh (9), Amari Summers (9), Brianna Quintana (9), Samantha Miller-Swain (9), Lauren Lionberg (9), Aneisah Gail (9), Marissa Novosel (9) **BACK ROW:** Coach Brittany Gray, Jordan Fauser (9), Grace Weinmann (9), Deana Muha (9), Anastasia Rosa (9), Kate Mauder (9), Jessica Dowdell (9), Holly Hoeckelberg (9), Coach Ricky Gard.

KANKAKEE VALLEY	**L 19-24**	PENN	**L 22-39**
EAST CHICAGO	**L 30-34**	MUNSTER	**W 26-24**
LAPORTE	**W 39-24**	GRIFFITH	**W 36-13**
PORTAGE	**W 30-18**	LAPORTE	**W 47-29**
PENN	**L 20-35**	VALPARAISO	**W 27-12**
VALPARAISO	**W 30-11**	CROWN POINT	**L 18-23**
CROWN POINT	**L 19-32**	CHESTERTON	**W 20-9**
CHESTERTON	**W 30-20**	LOWELL	**W 29-23**
HIGHLAND	**W 36-7**	HIGHLAND	**W 28-18**
PORTAGE	**W26-18**		

VARSITY BOYS BASKETBALL

FRONT ROW: Gerald Edwards (11), Jaiden Clayton (10), Graham Weber (11), Kyle Nichols (11). **MIDDLE ROW:** Coach Andrew Gurnak, Mark Mileusnic (11), Nathan Oakley (11), Hunter Zezovski (12), Coach Tim Horan. **BACK ROW:** Coach David Milausnic, Amitoj Khatra (12), Jack Mahoney (10), Kyle Blum (12), Nicholas Anderson (12)

ANDREAN	W 58-47	LOWELL	W 63-62
SOUTH BEND WASHINGTON	W 58-56	VALPARAISO	L 39-52
LIGHTHOUSE	W 58-34	CHESTERTON	L 57-65
GARY WEST	L 50-55	HAMMOND	L 33-65
WARSAW	L 61-71	MERRILLVILLE	W 61-58
HAMMOND MORTON	W 74-39	EAST CHICAGO CENTRAL	W 89-48
HAMMOND GAVIT	W 87-29	MICHIGAN CITY	L 54-61
HANOVER CENTRAL	W 34-30	MARQUETTE CATHOLIC	W 56-54
MUNSTER	L 38-47	MCCUTCHEON	L 68-75
MUNSTER	L 43-62	GARY WEST	W 60-54
LAPORTE	L 58-66	EAST CHICAGO CENTRAL	W 52-34
HIGHLAND	W 53-34	MERRILLVILLE	L 42-45
PORTAGE	W 69-52		

JV BOYS BASKETBALL

TOP ROW: Coach David Milausnic, Bryan Stokes (11), Jack Mahoney (10), Karson Colin (9), Ethan Knopf (10), Coach Tim Horan **MIDDLE ROW:** Lucca Darak (10), Brandon Escobedo (9), Jacob Zezovski (10), Aiden Kluth (10), Jaiden Clayton (10) **BOTTOM ROW:** Cole Thompson (10), Myles Yekich (9), Zachary Vollrath (10), Tre' Adams (10), David Triezenberg (10)

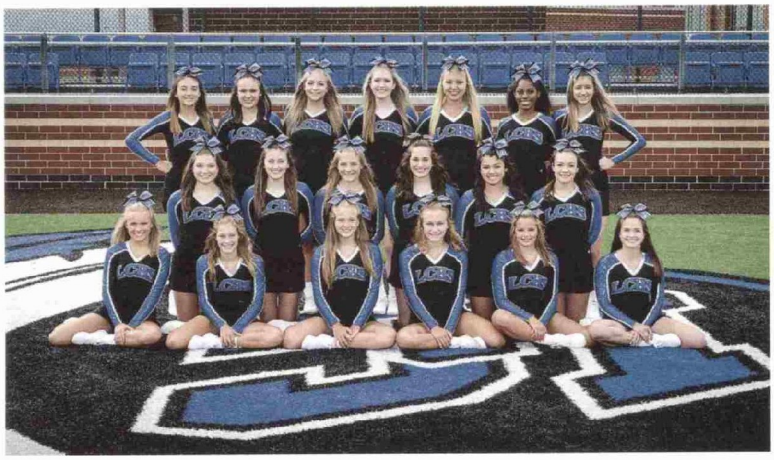
ANDREAN	W 66-46	PORTAGE	W 47-37
SOUTH BEND WASHINGTON	W 58-53	LOWELL	W 62-34
LIGHTHOUSE	W 71-32	VALPRASIO	L 22-35
WEST SIDE	W 57-45	CHESTERTON	L 42-47
WARSAW	W 46-44	HAMMOND	L 44-46
MORTON	W 64-33	MERRILLVILLE	L 50-52
MERRILLVILLE	W 46-43	ELKHART CENTRAL	W 59-48
VALPRASIO	L 36-47	MICHIGIAN CITY	W 59-45
MUNSTER	W 43-37	CROWN POINT	W 55-52
LAPORTE	L 34-41	NC MARQUETTE	W 58-43
HIGHLAND	W 50-36	MCCUTCHEON	W 55-45

FRESHMEN BOYS BASKETBALL

FRONT ROW: Ivan Montano (9), Justin Caposey (9), Gabriel Anderson (9), Mitchell Milausnic (9), Rhett Pieters (9), Ethan Coil (9) **SECOND ROW:** Coach Stephen Fry, Bret Spain (9), Benjamin White (9), Garrett Weber (9), Nicholas Arcella (9), Max Welty (9), Charles Born (9). **BACK ROW:** Adam Trinkle (9), Dean Wooley (9), Baylor Orcutt (9), Coach Mark Strbjak, Aleksandar Suvaljo (9), Conor McAllister (9), Dylan Lopez (9).

VALPARAISO	L 44-44	ELKHART CENTRAL	W 57-49
CROWN POINT	W 41-39	BISHOP NOLL	W 56-25
CHESTERTON	L 38-45	MORTON	W 51-38
MERRILLVILLE	L 29-34	CHESTERTON	L 40-47
PORTAGE	W 33-29	LAPORTE	L 39-49
WARSAW	W 47-39	PORTAGE	W 36-32
LAPORTE	W 49-39	CHESTERTON	L 31-42
MUNSTER	W 49-30	MUNSTER	L 43-31
CROWN POINT	L 28-43	LOWELL	W 33-24
MICHIGAN CITY	W 54-31	VALPO	W 41-37
MERRILLVILLE	L 34-39		

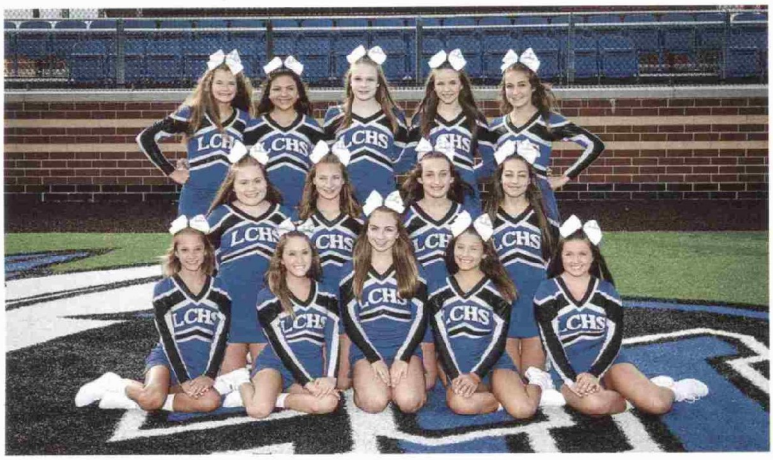
VARSITY CHEER



FRONT ROW: Samantha Misirly (12), Addison Black (9), Kaylee Chalos (10), Julie Wasyliw (11), Lily Lane (10), Marissa Penwitt (12) **SECOND ROW:** Elyse Bosnak (10), Kelsey Moore (10), Grace Enyeart (10), Abbie Janich (10), Isabella DiBitetto (11), Hailey Newton (10) **BACK ROW:** Kiely Garza (11), Alexandra Rigg (11), Anna Nawrot (10), Morgan Tattini (12), Alexa Aardema (12), Latreasure Johnson (11), Rhyan Noldin (10)

PURDUE	**3RD**
CENTRAL INDIANA	**3RD**
NORTHWOOD	**1ST**
CLINTON CENTRAL	**1ST**
STATE PRE-LIMS	**6TH**
STATE	**6TH**
NATIONALS QUALIFIER	**6TH**

JV CHEER



FRONT ROW: Cali Kroncke (9), Jenna Giannini (10), Grace Mills (9), Greta Segert (10), Lauren Gnatt (10) **SECOND ROW:** Megan Dalla Costa (9), Megan Michalik (10), Alexa Remley (9), Savannah Uphues (9) **BACK ROW:** Alexandra Dubish (9), Jessica Almeida (10), Kelli Latta (10), Erin Sanfratello (10), Abbey Zarlengo (10)

PURDUE	**3RD**
NORTHWOOD	**1ST**
CLINTON CENTRAL	**1ST**
STATE	**2ND**
SANDBURG	**2ND**

FRESHMEN CHEER

FRONT ROW: Rachel Phillips (9), Margaret Quandt (9), Hanna Humyak (9) **MIDDLE ROW:** Mia Geenen (9), Drew Moore (9), Angel Sweeting (9), Jules Perko (9) **BACK ROW:** Sofia Tsahas (9), Elaine Werner (9), Anna Gibson (9)

PURDUE	**3RD**
NORTHWOOD	**1ST**
CLINTON CENTRAL	**1ST**
STATE	**2ND**
SANDBURG	**2ND**

HOCKEY WHITE TEAM

FRONT: AJ Bandstra (9), Jacob Skertich (10), Zachary Szumski (11) **SECOND ROW:** Ryan Geenen (11), Parker Zager (10), Christian VanZuiman (10), Dominic Formella (9), Joey Marx (9), Dylan Barkauskas (10), Bryce Keslin (10), RJ Mance (9), Mark Tripenfeldas (9), Sam Ruzas (9) **THIRD ROW:** Jase Hodge (year coach), Vince Hernadez (assistant Coach), Jack Stokes (11), Joey Stokes (11), Joey Heuberger (10), Jayden Lazowski (10), Tyler Skertich (12), Anthony Cioe (11), Zach Pemedis (9), Tyler Geenen (11), Ben Kutka (9), Corey Crull (Assistant Coach), Chris Ruzas (Assistant Coach)

GLENBARD	**W 3-2**	PENN JV	**W 3-0**
NEUQUA VALLEY	**W 5-1**	S STARS WHITE	**W 3-0**
MARIST-JV	**W 4-3**	HSE B	**W 5-2**
DUPAGE	**W 8-0**	PENN JV	**W 4-2**
CROWN POINT	**W 3-2**	MIDVALLEY	**L 2-10**
PENN JV	**W 6-0**	KANKAKEE	**L 2-6**
LINCOLN WAY	**W 5-0**	COBRAS	**L 1-2**
NAZARETH-JV	**L 1-2**	CARMEL BLUE	**W 3-1**
PLAINFIELD- JV	**W 11-0**	S STARS WHITE	**L 3-4**
JCA- VARSITY	**W 8-2**	MARIST	**L 0-7**
COBRAS- JV	**W 3-2**	AWFM	**L 1-9**

HOCKEY BLUE TEAM

FRONT: Vince DiDonato (12), Noah Steepleton (12), Zachary Szumski (11) **SECOND ROW:** Richard Mantoan (11), Brett Bogie (11), Will Renschen (10), Spiro Skiadopoulos (11), Jason Finley (12), Cole Maynard (11), Brendan Kerrick (11), Ryan Bandstra (11), Grayden Taylor (12) **THIRD ROW:** Jason Romer (11), Jack Garson (11), John Bondi (11), Brett Bandstra (12), Cameron Shulz (12), Anthony Leber (12), Adam Steepleton (9), Don Mikrut (Assistant Coach), Brad Garney (Head Coach)

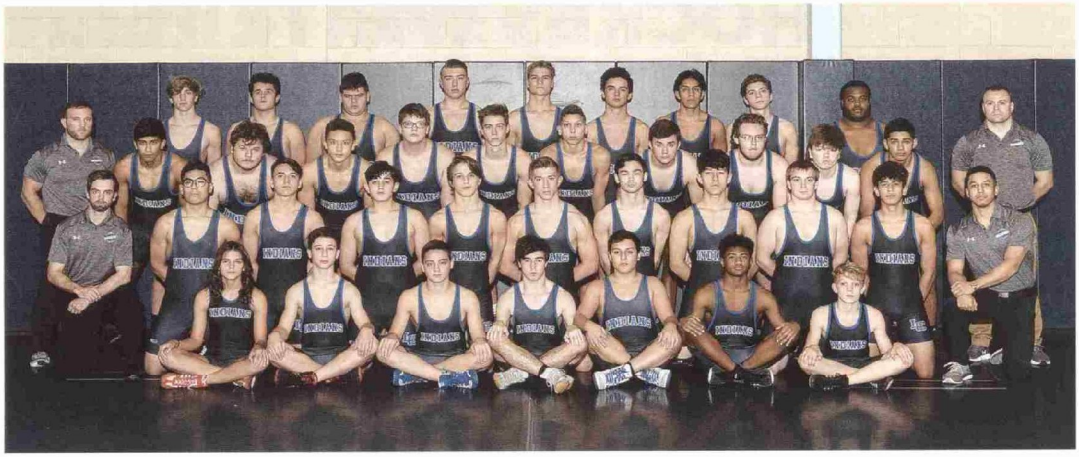
MOUNT CARMEL	**L 1-2**	GLENBARD	**L 3-4**
PENN	**L 1-2**	EDWARSVILLE	**L 2-3**
VALPORASIO	**T 3-3**	RILEY WILDCATS	**W 5-1**
LEO LIONS	**W 9-0**	ZIONSVILLE	**W 5-2**
CROWN POINT	**W 4-2**	CULVER B	**L 0-2**
ADAMS EAGLES	**T 3-3**	BISHOP NOLL	**L 2-3**
HOMESTEAD	**W 6-1**	EDINA	**L 0-7**
CARMEL GOLD	**L 3-7**	NEW TRIER	**L 2-9**
MUNSTER	**W 7-0**	CI KNIGHTS	**W 4-0**

FRESHMAN FOOTBALL

FRONT ROW: Ethan Coil (9), Jose Cabral (9), Colin Firrek (9), Xavier Gutierrez (9), Nicholas Ferrara (9), Zachary Fico (9), Dominic Bonk (9), CJ Logan (9), Narmer Griffin (9), Jacob Reed (9), Nehemiah Cameron (9) **SECOND ROW:** Dominick Rose (9), Adian Ace (9), Orlando Diaz (9), Joseph Kafka (9), Jose Jaramillo (9), Tony Bartolomeo (9), Peyton Chadd (9), Max Welty (9), Chad Graham (9), Javier Meraz (9), Storm Czarnik (9) **THIRD ROW:** Aidan Osorio (9), Jefferry Clark (9), Weldon Anderson (9), Lucas Moseley (9), Parker Becker (9), Nick Arcella (9), Andres Cedano (9), Ben Kutka (9), Julian Vargus (9), Ace Henry (9) **FOURTH ROW:** Noah White (9), Romello Smith (9), Ben Spang (9), Lorenzo Santos-Serros (9), Brandon Escabdo (9), Scott Mitchell (9), Joshua Cunningham (9), Adam Trinkle (9), David Hein (9), Kameron Gethers (9), Peyton Richardson (9) **BACK ROW:** Coach Bob Novak, Coach Jeffery Sherman, Coach Scott Frechelton **NOT PICTURED:** Aisen Henry (9), Billy Henry (9), Antonio Barnes (9), Shai Franklin (9), Jack Raynor (9), Tommy Tinsley (9), Coach Brian McNamara

MUNSTER	**W 41-0**	MICHIGAN CITY	**W 36-0**
PORTAGE	**W 6-0**	CHESTERTON	**W 28-7**
CROWN POINT	**L 21-14**	MERRILLVILLE	**W 48-0**
LAPORTE	**W 20-0**	VALPARAISO	**W 13-7**

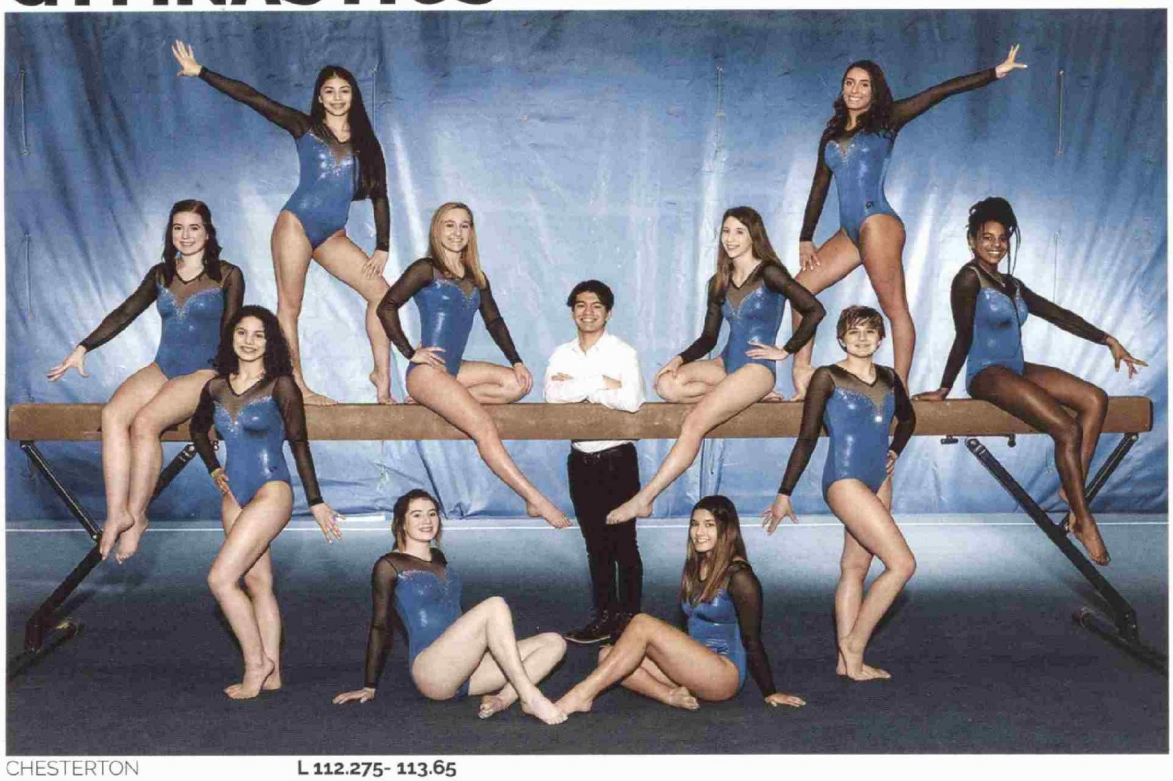
WRESTLING



FRONT ROW: Devyn Moore (9), Dylan Mullens (10), Logan Stein (9), Adam Glass (9), Jacob Delgadillo (10), Nam Doan (9), Jackson Skains (9) **SECOND ROW:** coach, Hugo Reynoso (11), Joey Ellman (10), Isaiah Garcia (9), Bryan Maluchnik (10), Aidan Alonso (11), Josh Daniels (11), Emilio Herrera (9), Nicholas Manfred (11), Isaiah Ponce (11), Coach **THIRD ROW:** Coach, Cristian Ponce (12), Shannon Beall (11), Lucas Mosley (9), Tyler Beall (9), Alex Michalik (11), Gabriel Garcia (10), Austin Kwasinsak (11), Eric Juronavich (10), Jesse Bates (10), Xavier Gomez (10), Coach **FOURTH ROW:** Colin Crimmins (10), Micheal DeGrado (10), Seth Garcia (11), Edward Alonso (12), Jacob Sues (10), Nicholas Dykstra (10), Nathan Delgado (10), Caleb Willet (11), Quincy Fleming (12)

DUAL MEETS	**7-8**
IN THE DAC	**3-4**
DAC	**5TH**
REGIONAL	**2ND**
SECTIONAL	**3RD**

GYMNASTICS



FRONT ROW: Maddie Bugg (11), Lily Sullivan (10) **SECOND ROW:** Hayleigh Delgado (9), Taylor Somenzi (9) **THIRD ROW:** Allison Mybeck (11), Nicole Wasyliw (11), Zachary Tobin (12), Maggie Grudzien (10), Sydney Black (9) **BACK ROW:** Sarah Mella (10), Cloe Amanatidis (10) **NOT PICTURED:** Coach Karen Barcelli, Coach Sydney Barcelli, Coach Delaney Barcelli

CHESTERTON	**L 112.275- 113.65**
LOWELL	**W 109.65- 90.75**
MICHIGAN CITY	**W 108.6-90.4**
PORTAGE	**W 107.4-106.85**
VALPARAISO	**L 110.25-109.15**
CROWN POINT	**W 110.25-109.15**
MERRILLVILLE	**W 110.175-104.075**

BOYS SWIMMING & DIVING

FRONT ROW: Coach Heidi, Taki Jaffar (9), Joshua (12), Andrej Jakovljevic (9), Aiden Ace (9), Griffen Weber (9), Zach Castillas (9), Jakob Halling (12), Wilford Crackle (9), Zach Ramacchi (10), Aiden Blaze (9) **SECOND ROW:** Coach Rod, Dylan VanVleck (9), Luke Marinkovic (11), Jay Jaffer (11), Matthew Gacek (10), Warren Chukeluk (12), Camden Schuster (9), Brian Delosa (12), Danny Mcgrath (11), Andy Almazon (10), Jake Cartensen (12), Coach Jeff Kilinski **THIRD ROW:** Robbie Vega (9), Alex Remenga (11), Leo Bowman (10), Tommy Tinsley (9), Kyle Hegyi (12), Eric Tinsley (10), Carter Schuster (10), Cam Williams (11), Michael Nelson (11)

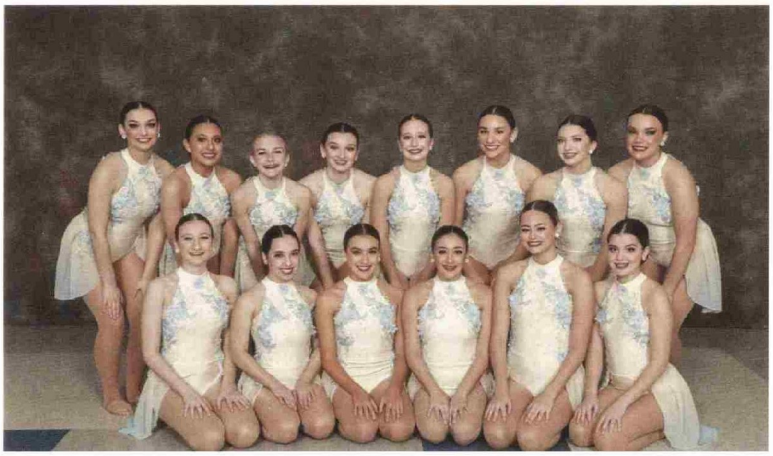
VALPARASIO	**L 73-113**
HIGHLAND	**W 99-87**
MERRILLVILLE	**W 101-85**
PENN	**2ND**
LAPORTE	**2ND**
MICHIGAN CITY	**11TH**
CHESTERTON	**W 99-87**
CROWN POINT	**W 101-85**
MUNSTER	**2ND**
PORTAGE	**2ND**
DAC	**11TH**

GIRLS SWIMMING & DIVING

FRONT ROW: Coach Heidi (dive coach), Christy Tham (12), Jayliannie Perez, Natalia Mendoza (12), Lilah Nelson (11), Madelyn Sternfeldt, Samantha Lazowski (9), Emily Soeka (12), Abby Burton (9), Susanna Noonan (12), Daniel Fox (coach) **SECOND ROW:** Aubrey Crowel (), Kayla Graza (10), Maggie DePirro (12), Addyson Popoca (9), Victoria Torres (9), Jessica Barenie (12), Jada Novak (11), Ainsley Rothgeb (11), Alyssa Todd (12), Skylar Noonan (12) **THIRD ROW:** Hanna Spoolstra (11), Shelby Noonan (12), Abbey Holmes (9), Marla Gorgievski (9), Paige Bakker (11), Megan Soeka (9), Peyton Hatfeldt (12), Megan O'Sullivan (10), Maddie Mercer (11), Michaela Spears (12), Jourie Wilson

PORTAGE	**W 132-53**
MERRILLVILLE	**W 102-83**
PENN	**W 130-56**
MICHIGAN CITY	**TIE 93-93**
HIGHLAND	**W 121-64**
VALPARASIO	**W 138-56**
CHESTERTON	**L 73-113**
CROWN POINT	**W 99-87**
MUNSTER	**W 101-85**
DAC	**2ND**
SECTIONALS	**2ND**
STATE	**11TH**

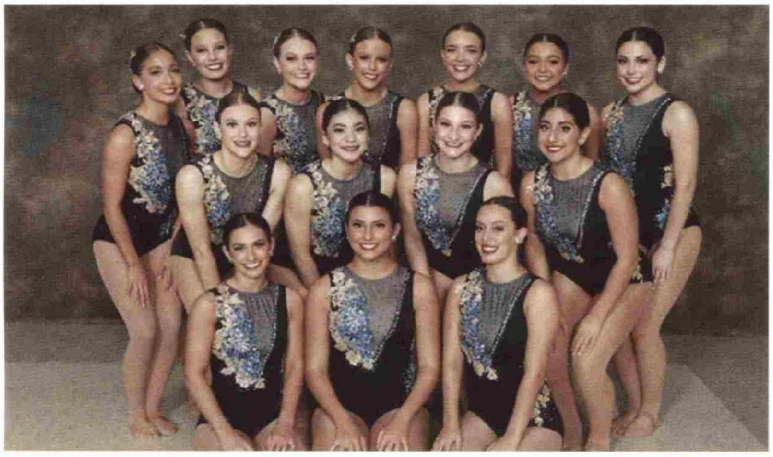
JV CENTRALETTES



FRONT ROW: Isabella Holdren (10), Sofia Jasnic (10), Courtney Pereira (10), Emma Schallmo (10), Chloe Hardesty (10), Gianna Poulos (10 **BACK ROW:** Addison Schalk (9), Olivia Iguardia (9), Jilly Brzozowski-Fryzel (9), Olivia Hill (9), Fiona Hopkins (9), Vivian Denson (9), Riley Conner (9), Kenzie Florkiewicz (9)
Not Pictured: Miranda Prowse (12)

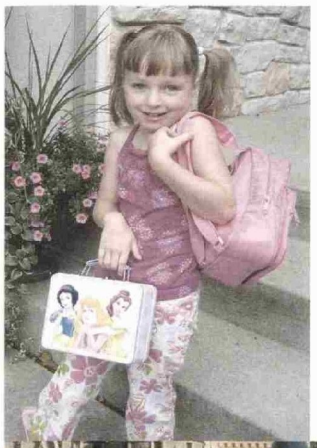
KOKOMO	**1ST**	MUNSTER	**1ST**
KAHLER	**1ST**	MCCUTCHEON	**1ST**
UIC CHICAGO	**2ND**	REGIONALS	**1ST**

VARSITY CENTRALETTES



FRONT ROW: Jessica Almarez (12), Jade Prescaro (12), Anna Amanatidis (12) **MIDDLE ROW:** Claire Nowacki (11), Lilah Lopez (11), Jamie Szczecina (11), Hala Haddad (11) **BACK ROW:** Alexa Edwards (9), Grace Penna (10), Madison Gelatka (10), Lily Rogers (10), Gabriella Grahovac (10), Maya Pasyk (10), Meghan Martewicz (10)

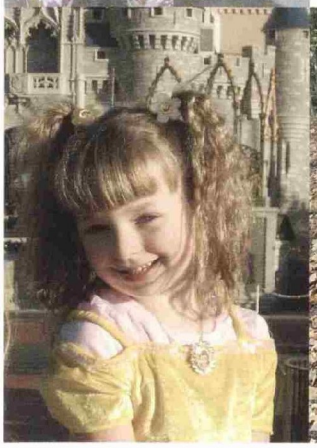
KOKOMO	**1ST**	REGIONALS	**1ST**
KAHLER	**1ST**	NDA NATIONALS POM	**1ST**
UIC CHICAGO	**3RD**	NDA NATIONALS HIP HOP	**1ST**
MUNSTER	**1ST**	NDA NATIONALS JAZZ	**3RD**
MCCUTCHEON	**1ST**		



Brooke Czaja

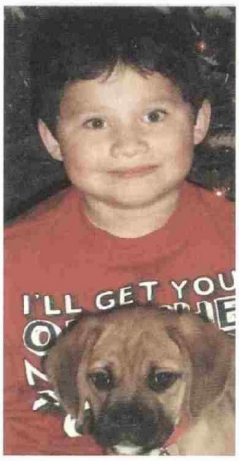
Thank You for filling our hearts with love!
We are so proud of you and look forward to watching you shine throughout your future!
We will always love you!

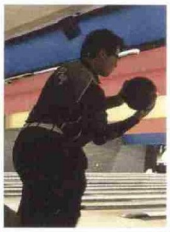
XOXO, Mom & Dad



Ricky Paz

Ricky, How is it that we are talking about colleges and graduation already? Seems like yesterday we were talking about Hot Wheels and NASCAR. We are so proud of you and the young man you have become. You are so smart, talented, caring, polite, respectful, and such a hard worker. We love you "Thiccy" Love always, Mom, Dad, Tony, and Sofie.





Joshua

Has it been easy?
Nope

Will it be easy?
Nope

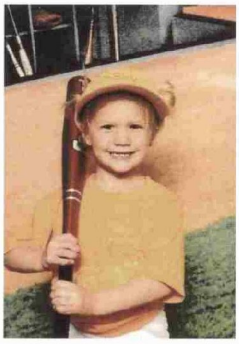
Will it be worth it?
Absolutely!

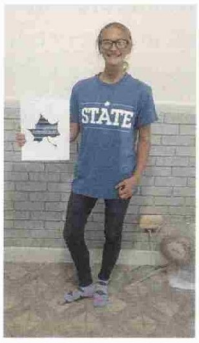
Congratulations!
Love always - Mom & Dad

Skylar Rene

I am so honored to be your mom and look forward to seeing you pursue all of your dreams. I love you always so much!
Love,
Mom

I am so proud of you, Sis!
Love you,
Grace



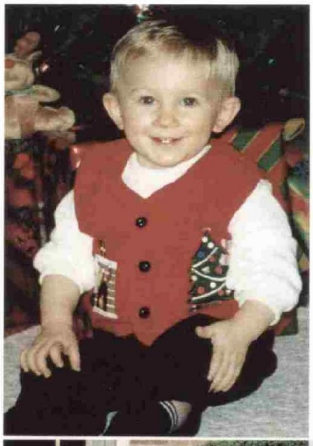


Emily Bell

Sedge, life with you is an unpredictable adventure. I'm so proud of you and everything you've accomplished.

Rayne McGill

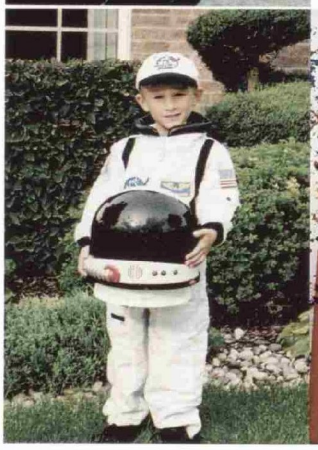
My beautiful Rayne, this is the beginning of anything you want! What feels like the end, is only the beginning. The future is yours!
Love you!

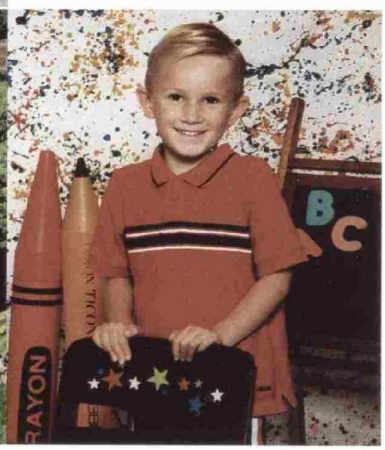


Alexander Peterson

You have always reached for the stars with your aspirations. Congratulations 2020 Graduate! Enjoy your next journey at Purdue Northwest studying Computer Engineering. We are truly blessed to have such a wonderful son!

Love Dad & Mom

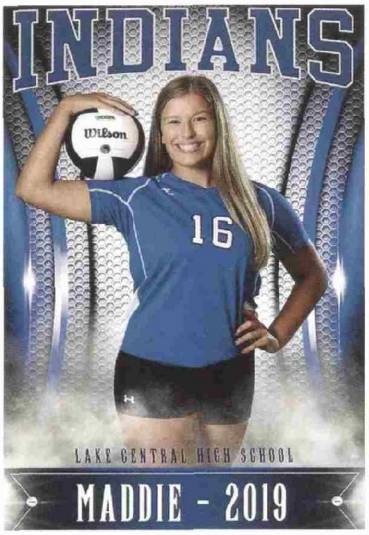


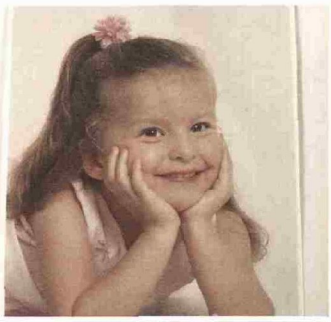


Nathan Doyle

Dream big... then write down your dreams to turn them into goals to achieve... because we believe you can and will achieve anything you believe in and set your mind to.
Do life with supportive friends that will speak truth to you... and return the favor.
Really listen to others ... with patience you will learn more about them and yourself in doing so.
Seek counsel from the wisest people in your life... not the loudest.
Love your chosen work... and honor God in the way you work and live.
Be unique, be different, be you... and in doing so, be the difference.
We are proud of the person you have grown to be.
Stay grounded... as you will fly high in life!

We love you - Mom and Dad

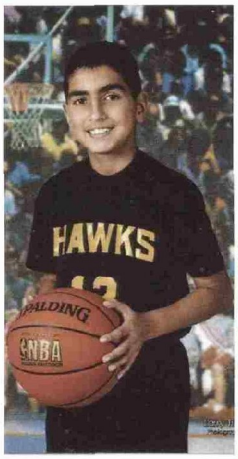




Maddie Bailey

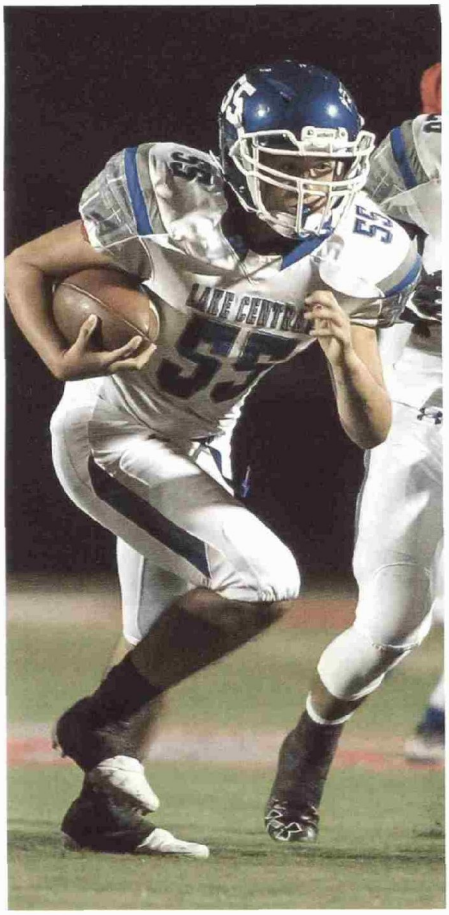
You were the littlest miracle baby who stole our hearts on the day you were born. We hoped, dreamed, prayed that you would grow up healthy and happy. WOW, were we ever blessed! You have grown up to be that and so much more. It's been AMAZING watching you grow into such a sweet, kind-hearted, positive young woman. Your smile, laughter, passion for sports, music and all your fun dance moves have brought us so much joy. Your dedication to family, faith, friends, school and LC volleyball makes us so very proud! We know you're going to achieve great things in the future! Remember to always stay "true to yourself" and whenever you get the chance . . ."We Hope You Dance!"

We Love You To the Moon & Back!
Mom, Dad, & Megan



Amitoj Khatra

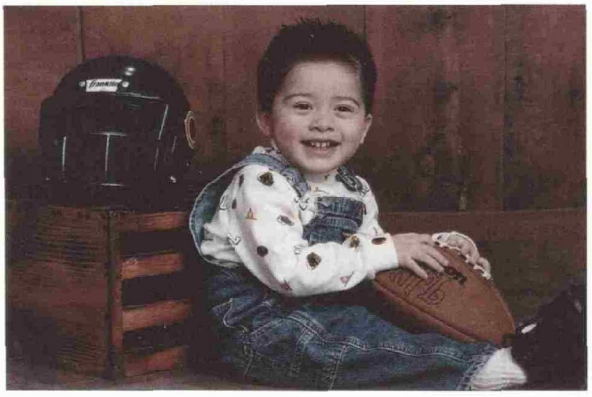
Dear Ami,
We are so thankful that God had blessed us with a wonderful son/brother like you. Throughout all these years, you have always made us proud , and we know you will do very well in coming life. We will always support you in every step of your life! We feel so proud of the way you handle every challenge that comes across. You are a kind, hard working, lovable, young man. Can't believe your high school years are almost over, and you will soon start your new college journey! We know you will accomplish every goal you set your mind to. We love you!
Love,
Dad, Mom, & Gurleen

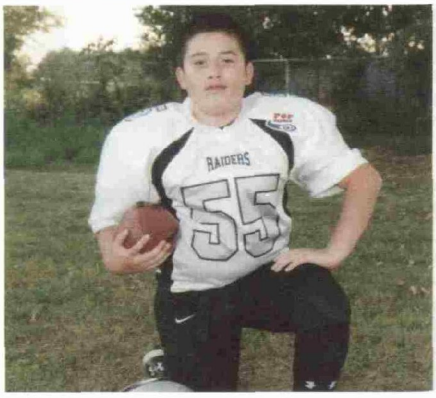


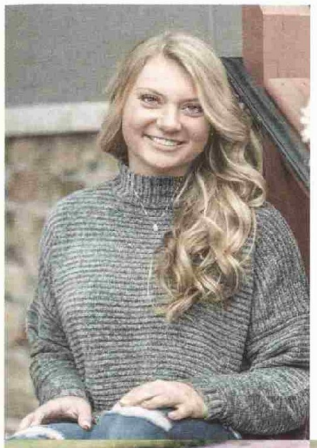
Zachary Rangel

We are so proud of the handsome and smart man that you have become!! You are a very talented and great athlete! We are your biggest fans. God bless and guide you as you enter into a new chapter in your life. Stay true to yourself and always be the sweet, respectful, kind, young man that we love! We can't wait to see what the future holds for you. Follow your dreams and always stay you; reach for the stars...the sky is the limit!

We love you!!!
Love Mom, Dad, and Gabrielle

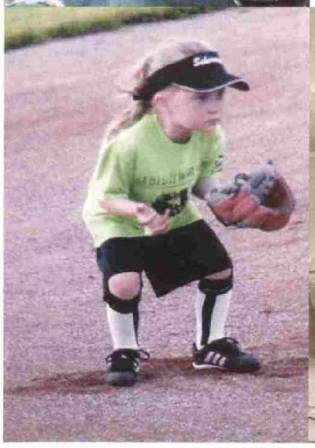






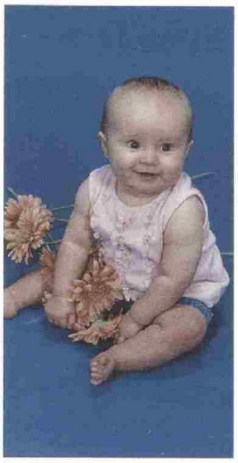
Morgan Hoppe

Congratulations on all of your accomplishments. We are so proud of you. Keep chasing your dreams and reach for the stars. We know you will be amazing!
All our love,
Mom & Cory



Morgan Emily Taylor

Congratulations to our Petunia!! We are so proud of you! We have loved watching you grow into an amazing, kindhearted, intelligent and talented young woman. We can't wait to see all the wonderful things your future holds!
All our love,
Mom, Dad and Evan



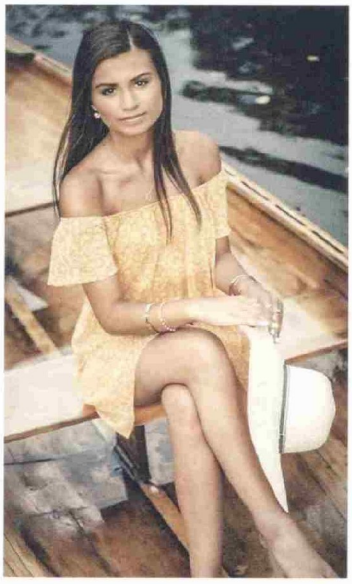
Alexis Friend

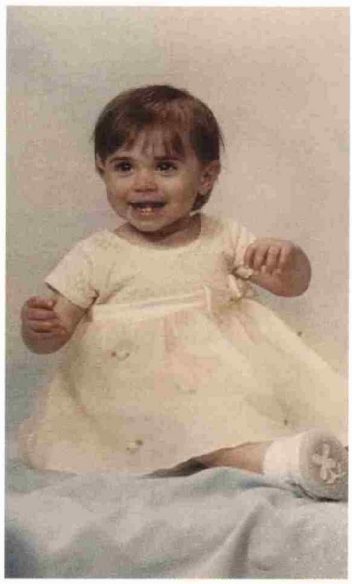
We are all very proud of you!!! Love Mom and Dad

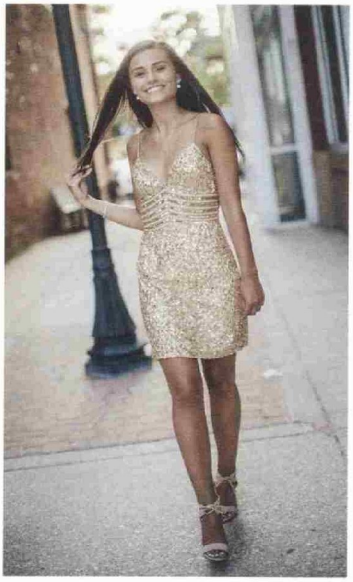
Ryan Hjertquist

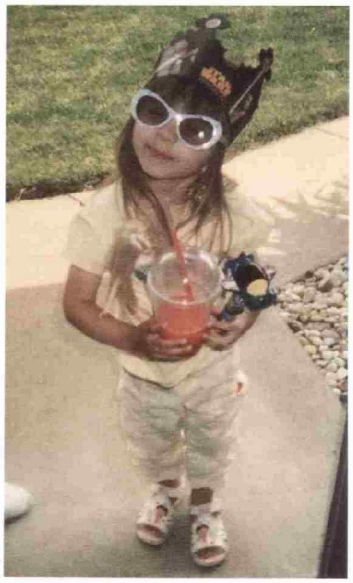
We are so very proud of the remarkable young man you have become. We look forward to seeing you continue to grow and to build a path that provides you with much happiness and success.
Love, Mom and Dad

Payton Gorski

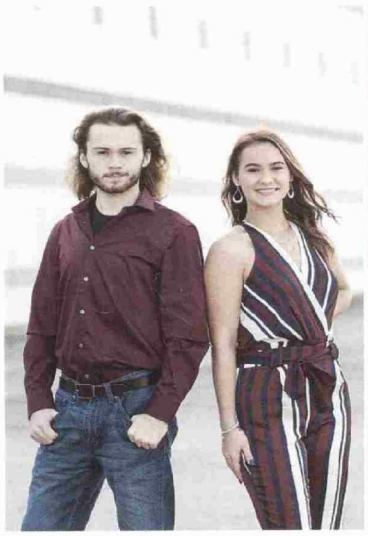
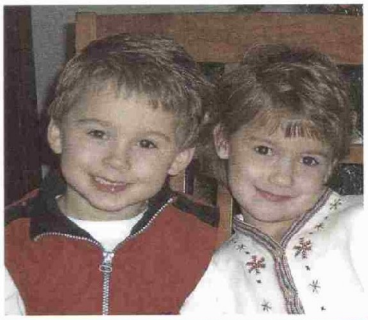






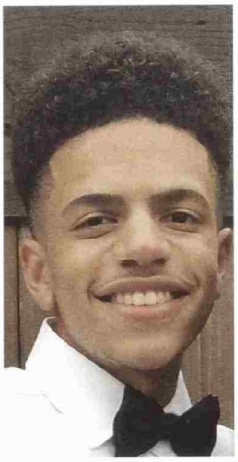


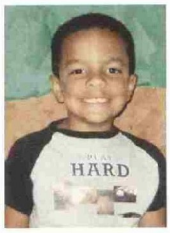
You make us proud every day. You shine with optimism and happiness. Like the sun's golden yellow beams you carry the promise of a positive future. Go confidently in the direction of your dreams and live the life you imagined! We wish your dreams take you to the best places you heart has always aspired!
Love always,
Mom, Dad, & Reese

Jason and Amanda Finley

Growing up together you shared a lot of the same adventures. Now as you both head off on your own adventures, never forget Mom and Dad are always here with love and support.
We are proud of your accomplishments and success in high school. Now go out and seize the world with the same determination.

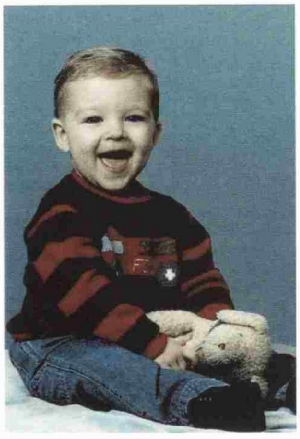




Isaac Paul Heard

Dear Isaac (Sug),
The biblical meaning of your name is "laughter," which truly reflects the joy and happiness you brought to our family as a little boy.
Watching you grow and mature has been a gift to us and we couldn't be more proud of the wonderful man you are becoming.
Stay true to yourself, continue to "get right," forgive, pray and always LOVE.

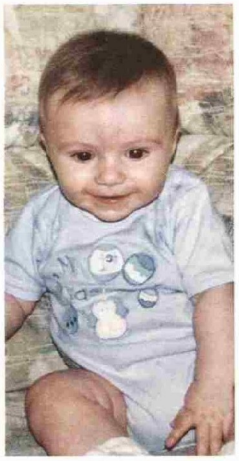
We love you (25),
Mom, Anna, Carolyn and Anna Marie



Chris Szewczyk

Congratulations Chris!
Believe in yourself, continue to be creative, follow your dreams, and enjoy all your life has to offer. We are so excited to see what the future holds for you.
Love, Mom, Dad & Sam

CONGRATULATIONS
CLASS OF 2020!

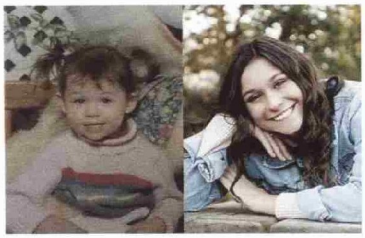


J.T. Vrehas

We are SO proud of all your hard work and accomplishments! May you always keep that smile that brings so much joy to everyone you meet. May your future be bright and always know how much we love you!!
Love, Mom, Dad & Spero

Jenna Rugis

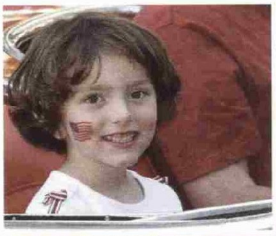
Congratulations Jenna - we are all so very proud of you. Love, Mom, Dad, and Haley.

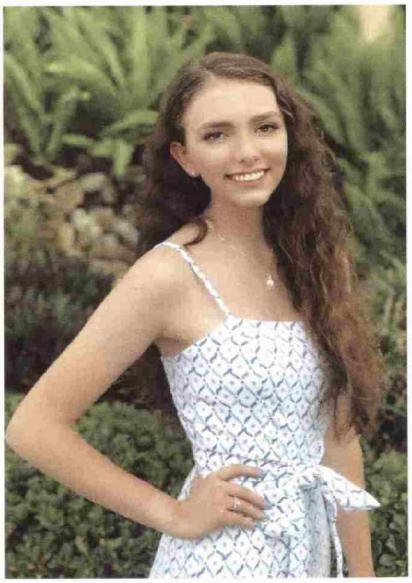


EMILY SOEKA

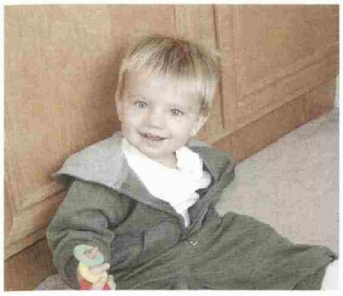
We are so proud of you! God bless you in whatever you do. Best wishes for your bright future!!
Love, mom & dad

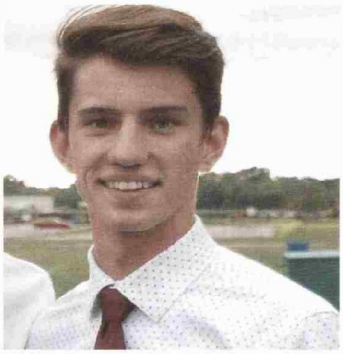
Morgan Lareau





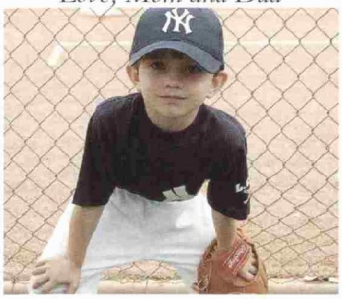
Morgan, We are so proud of the young woman you have become. We are confident that you can accomplish anything you set your mind to. As you transition from High School to University, dream big, work hard, and remember your roots. With love, Mom and Dad

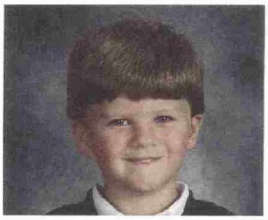


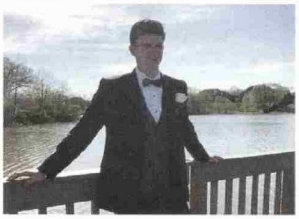


Edward R. Krygier

Always remember you are braver than you believe stronger than you seem smarter than you think and loved more than you know. Love, Mom and Dad



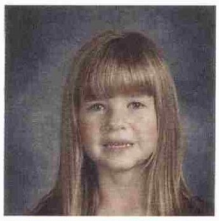




Gabe Haberling

I have been nothing but blessed these past 18 years with you. You inspire me with your kindness, positivity and desire to always keep learning. It takes courage to grow up, face challenges and be who you really are. You are courageous! Have pride in how far you have come and have faith in how far you will go. You have already made me so proud!

All my heart,
Mom



Libby Haberling

I am overwhelmed with joy to have shared these 18 years with you. I'm so proud of the thoughtful, intelligent and determined young lady you've become. Stay sweet, stay fierce, and most importantly stay you. Along your path remember to be the change you wish to see in the world. Spread your sparkle wherever you go and go with all your heart! I love you MORE baby girl!

Always, Mom

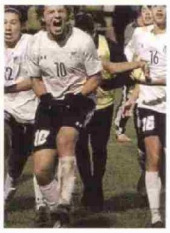
Robert MacNeill

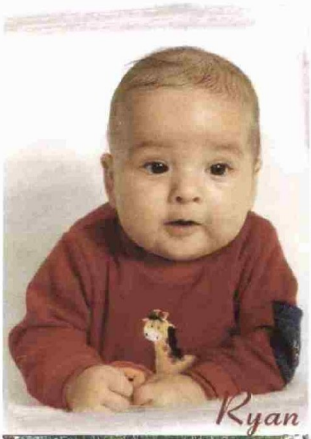
Robert,

They say that time flies…and it is so true! Here you are, 18 and graduating from high school. I hope you will remember these years with the same fondness that we do! We are blessed to call you son and privileged as we watch you grow into the person you are becoming.

As your next chapter begins…be curious, kind, strong, proud and find what makes you passionate! Be happy and grateful in all that you do and success will follow. Wherever this life takes you, I know one thing, everyone who crosses your path will be better for having known you!

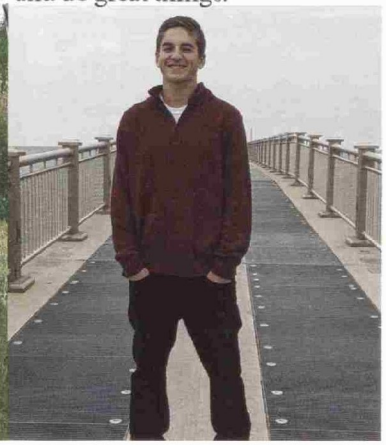
Loving you always, Mom & Dad





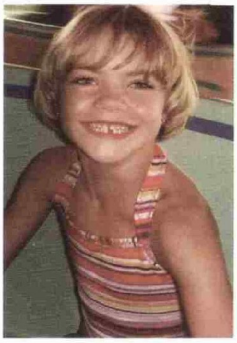
Ryan Sues

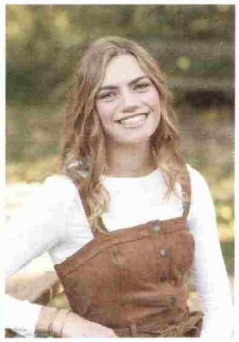
If you're thankful, show it*If you love someone, make it known*If you're wrong, own it and make it right*If you're not sure, find the answer*If you learn something, teach others*If you're stuck, reach out for help*If you made a mistake, say you are sorry* If you fall, get back up*If someone needs help, help them*Go out and do great things!

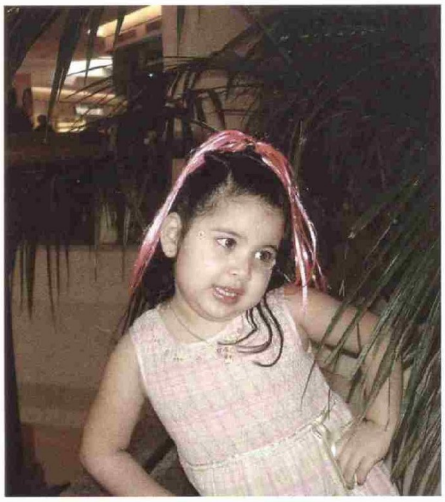


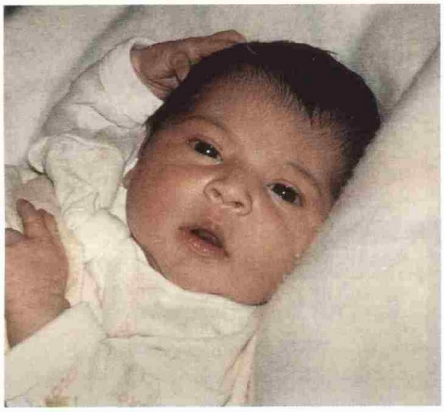
Rachel,
it seems like only yesterday that I was holding you in my arms. I cannot believe how quickly the time has gone by. We cannot express how proud we are of you as a student, athlete, and young adult. We want you to fulfill a life that will be all that you can hope for. You can achieve anything you set your mind too!!
Love you!
Mom and Dad

Rachel Kujawa



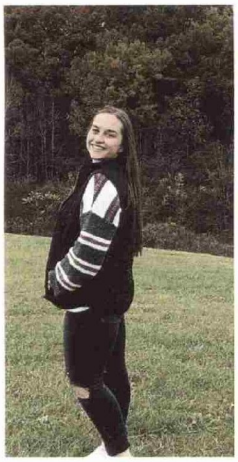






Ava Solis

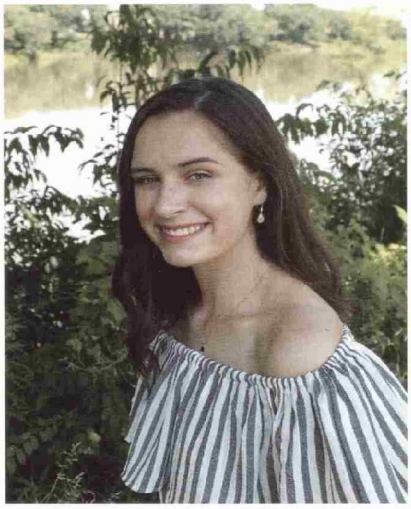
It seems like just yesterday that you were a baby in our arms. We can't believe how the years have gone by. We look at your precious face and the person that you've become... strong, kind, brave, thoughtful, caring, optimistic and wonder where life will take you. We realize that the dreams we hold in our hearts for you are alive in your beautiful spirit. We're so proud of you and hope that you will always have love and God in your life. We love you, Mommy & Poppy.

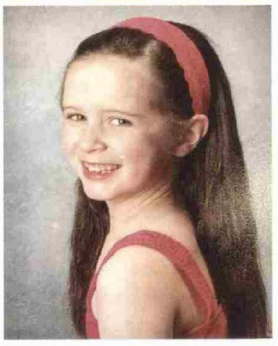


Nicole Doetterl

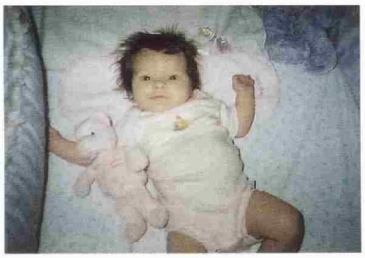
From Preschool to High School graduation you have given us so much joy and happiness in our lives. We are so proud of the smart, funny, kind, amazing young woman you have become. Congratulations on your graduation!
We love you!
Mom, Dad, & Taylor

Colleen Julia Dyra



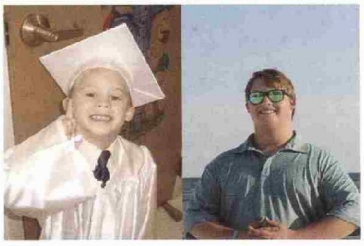


Congratulations! We love you and look forward to your next chapter in life. Mom, Dad, Ryan, Nolan, and Ruger.



Jade Mehok

Jade, we love you with all our hearts, you've been such a blessing to us for so many reasons. You've given us so much happiness. I hope you know how incredibly proud we are and how beautiful you will always be.
Love, mom and dad

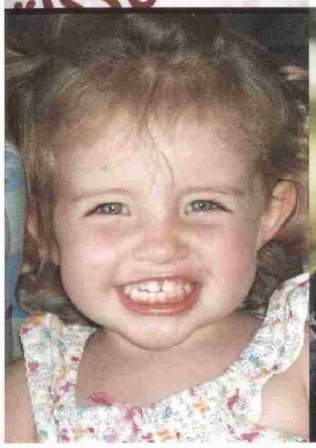


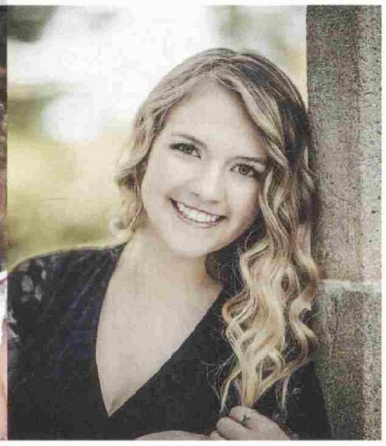
Michael J. Taylor

Congrats to a smart, talented, charming, sometimes-sarcastic, always-hilarious son! We are proud of you for graduating high school, but even more proud for growing up to be such an amazing person. Love Mom and Dad

Emily Reznik

Keep reaching for the stars Emily! We love you more than words can say and couldn't be any prouder of you. Do big things kid! We love you moon & stars, Dad, Mom & Ashley



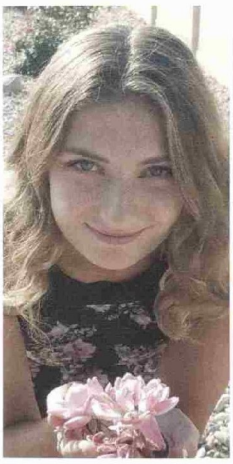


Alana S. Martinez

Chim,
Seems like yesterday you were asking me when your Spidey webs would come in. You have grown to become an amazing & kind-hearted person. Words can not express how proud I am of you & your accomplishments. I know you will be successful in your next chapter of life wherever it takes you!
Love Always,
Mom, Jaide, Gramps & the cats

Susanna Noonan

You Are My Sunshine !!
All My Love,
Mom, Dad, Skylar & Shelby Jay



Paige Covelli

We are so proud of all your accomplishments. Your next chapter of college awaits!!

Follow your dreams and keep smiling.

We love you to the moon and back!

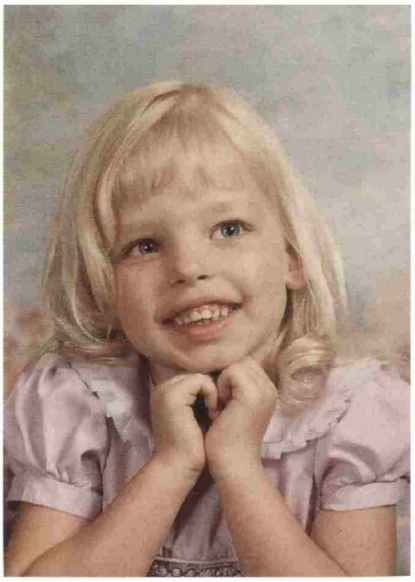
Love Mom, Dad, Louie, Cole, and Glacier

Adriana Klein

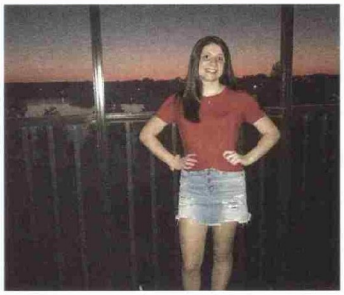
Congratulations, Adriana! We are so proud of you and excited to see what God has in store for you in this next chapter of your life. "For I know the plans I have for you, "declares the Lord," plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11
We love you so much!
Love, Dad, Mom,
Nate, Gabe, and Sam xoxxox

Kara Wippo

Our sweet real-life "Precious Moment" is all grown up now! We are so proud of the person you have become!
Love you so much, Mom and Dad



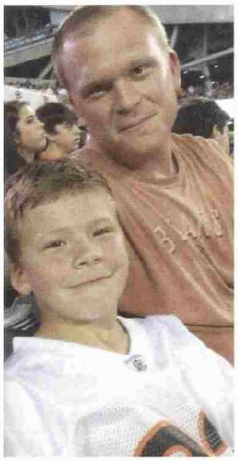
Hayley Matlon

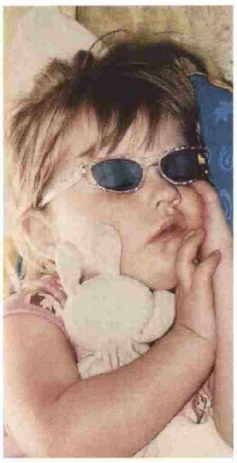


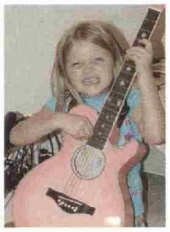
We cannot believe you are a Senior! We are so proud of you and excited to see what your future holds. Always believe in yourself and keep reaching for the stars. We love you, baby girl!
Love - Dad, Mom & TJ

Owyn J. Wolverton

My son, congratulations on this milestone! We are so incredibly proud of you and the man you have become! Now it's time to turn your dreams into reality.
Love, Dad and Nicole







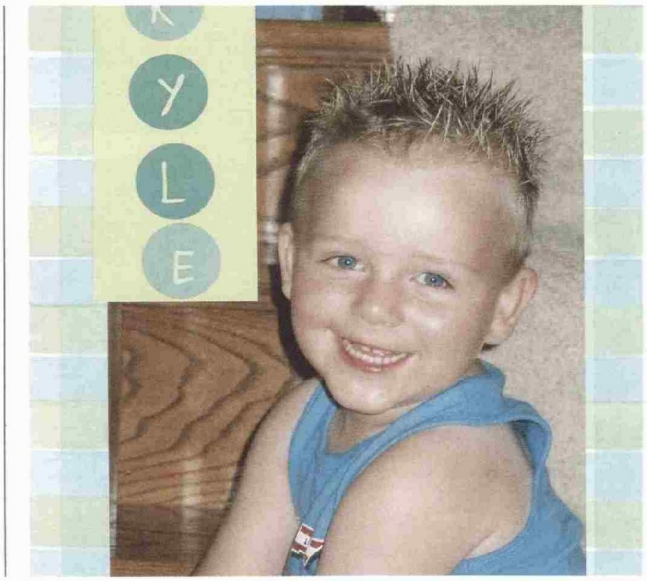
Kalli Sikora Blankenship

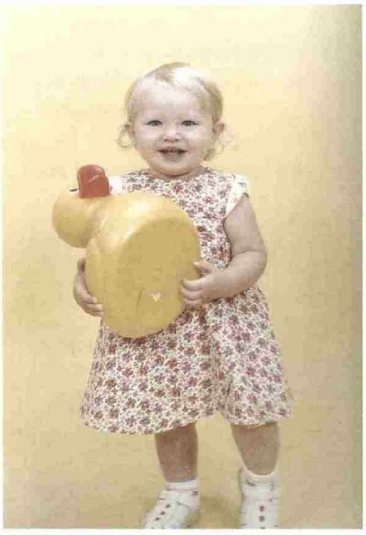
You have always been our crazy child. It has been a wild ride filled with so much love & laughter. We have loved watching you grow up. Our love will follow you everywhere.

Dad, Mom, & Kaya

Kyle Kilinski

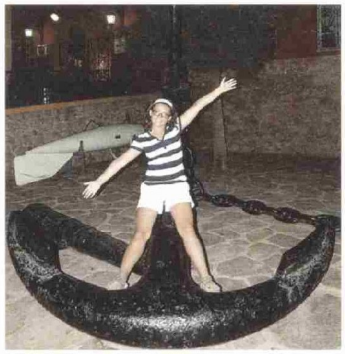
Congratulations on your graduation and best wishes for your next adventure!
Your family is very proud of you!





Brianna Rhomberg

Brianna,
In a blink you went from two to 18 years old. It seems just yesterday you were saying "No No!" and asking "Did we have a long day?" :) You were always so curious, with tons of questions.
It has been such a pleasure watching you grow into the amazing young woman you are. You are beautiful inside and out. We have loved watching you perform over the years in Choir, Bells Choir and the Northwest Indiana Youth Orchestra. We are in awe every time we hear you play the violin, you are such a talented musician. Your hard work and dedication to academics and music have been inspiring to us all.
You are such an important part of our family and we thank God everyday that you are our daughter. We are so excited to be part of your journey and know you will be successful with anything you set your mind to.
Congratulations on everything that you achieved at Lake Central. Life is like a blank staff and it's your time to compose a masterpiece. We all love you very much!
Mom, Dad, Courtney and Josh
Rapid Fire Kisses # You got this girl! #namsayin

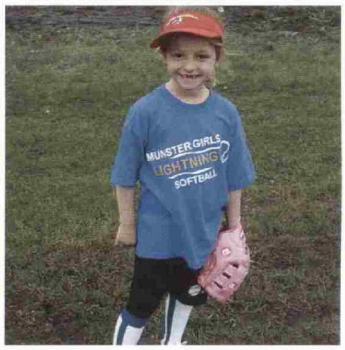


Catherine Pepina Economopoulos

We are very proud of everything you have accomplished and wish you a successful and happy future. We love you very much!
Mom, Dad, Peter (and Ellie too).

Samantha Lynn Hurubean

Sam, we could not be more proud of all that you have accomplished. You are beautiful, smart, funny, competitive, hard working, a true friend, and a wonderful sister and daughter. The sky is the limit, and we can't wait to see the amazing things your future holds. Stay true to yourself, do what you love, and enjoy this incredible ride! No matter how far away you are , our love will be right there with you. Congratulations Sam and the class of 2020!
Love Always,
Mom and Dad



Your wings already exist, all you have to do is fly!
We love you!
Dad, Mom,
Leroy and Luke

Alexis Sutherland

Gina Blackburn

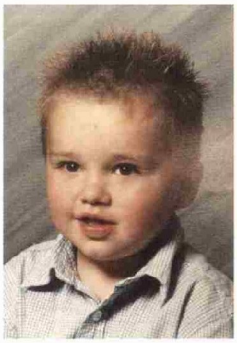
Since the day that you were born, you have been focused on achieving your goals. It is such a joy to watch you learn, grow, and explore your talents. Over the years, you have worked very hard, overcome challenges, and developed into a beautiful young woman. You have achieved your goal of graduating from high school in 3 years and we know that you will continue to succeed in your goals for college and exploring the world. We are so very proud of you. Congratulations on your 2020 high school graduation, keep moving forward.
Love, Mom, Dad, and Jean.

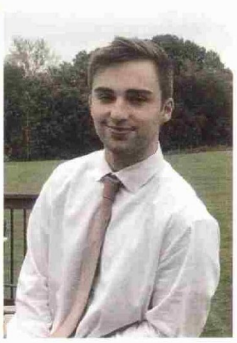
Connor Kaurich

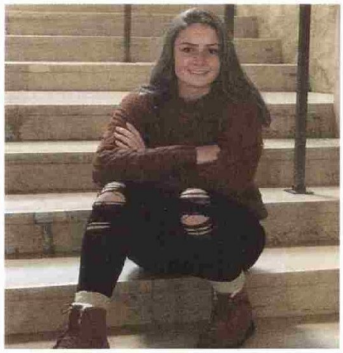
We are so proud of you for the loving and caring young man that you have become. Your drive and determination will lead you to do great things in life. We will be here for you every step of the way!

We all love you so much,

Mom, Dad, Wayne, Jen, Quinn & Kendal

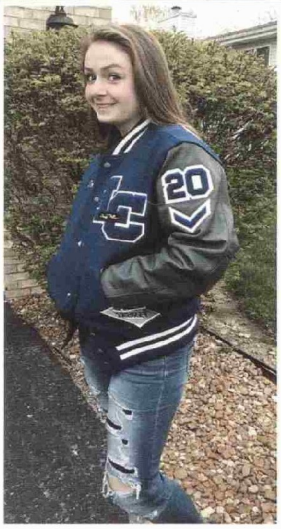




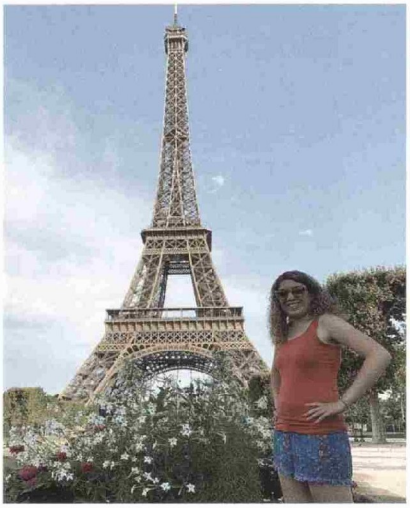


Alyssa Todd

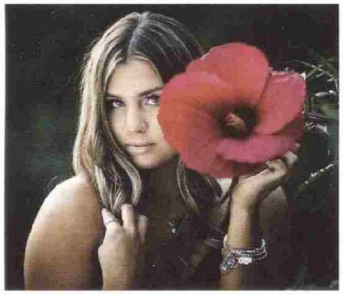
Alyssa, we truly have enjoyed watching you blossom into the amazing person that you are today. We look forward to watching you continue to grow in your years as an adult. Love you, and wishing you the best in your next chapter!

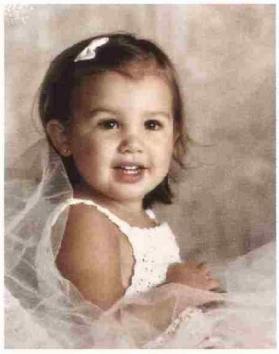


Kelli Elizabeth Biancardi



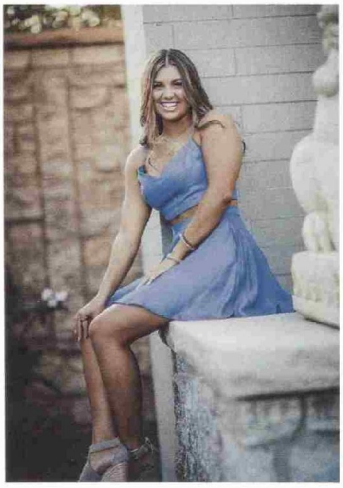
We are so proud of you! Your hard work, determination, kindness and compassion are evident to all those you've encountered throughout your time at LC. These qualities will continue to take you far, and we can't wait to see what amazing adventures your future holds!
Love, Daddy, Mommy & Michael



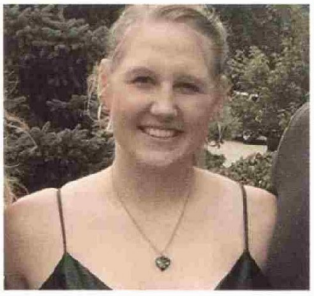


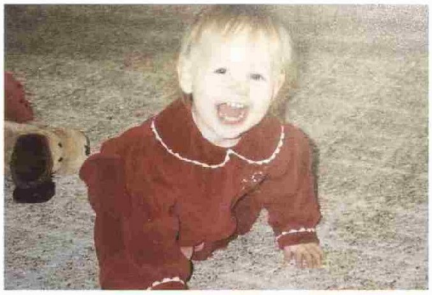
Kiley Szatkowski

To our little smiley Kiley,
We are so proud of the young lady you have blossomed into. You have a heart of gold and a beautiful soul. You bring us joy each and everyday!
Love, Dad & Mom



Katelyn McClellan



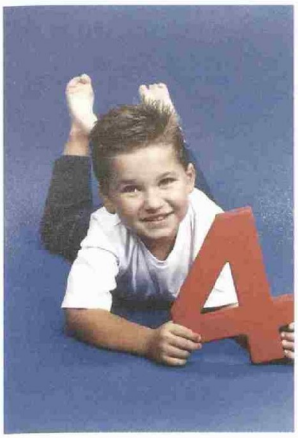


We are SO proud of you and the strong, smart, beautiful young woman you have become!
Love, Mom, Dad, and Noah

Ian Gruver

You have grown into a fine young gentlemen. We are so proud of you and all you have accomplished. May you continue your journey of life with good health and happiness! Don't think that life won't throw you a bum note every now and then. There will be obstacles like broken strings or sticks. Push through as you've always done, and you'll come out even stronger.
You are wise beyond your years ! Take time to enjoy the song. Cherish the ones that have true meaning and create those that inspire not only you but others. It's yours for the taking! Know God will guide you and we will always be here to assist you anyway we can. We support you as you continue on through college to become an electrical engineer. But don't stop there, you can also be the musician, firemen, and anything else you want to be. We believe in you!!! We love you so much!

Love always,
Dad, Mom, Julia, & Jaclyn XOXO



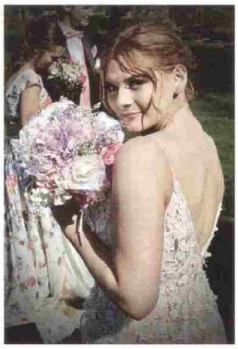
Nolan Rogers

Nolan,
How proud we are of the amazing young man you have become. Your drive, your integrity, your humor and your kindness will take you far. Stay true to who you are and follow your dream.
Be Kind.
Be Smart.
Be Happy.
Be Strong.
Be You.
We love you forever and a day.
Love, Mom, Dad & Shea

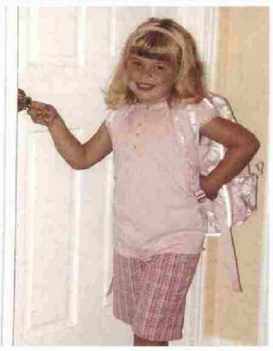
Callahan Frederick

Always Remember You Are Braver Than You Believe, Stronger Than You Seem, Smarter Than You Think & Loved More Than You Could EVER Know...

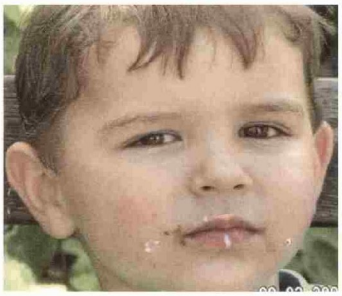
WE LOVE YOU Rose...
Mummy, Daddy, Maddie, Max and Tucker



Bella Watts

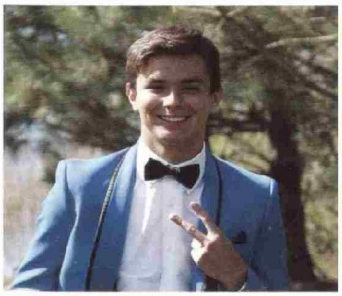


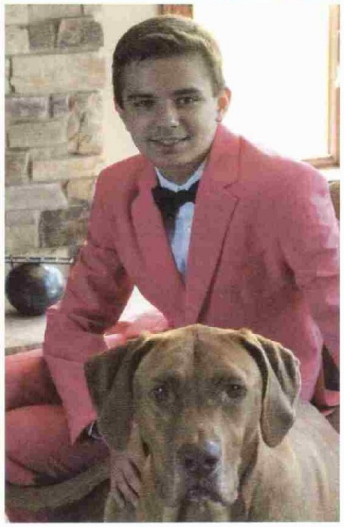
We are so proud of all you've accomplished and of the beautiful young woman you've become, inside and out. Keep chasing your dreams and enjoy the ride.
Love, Mom, Dad and Sophia



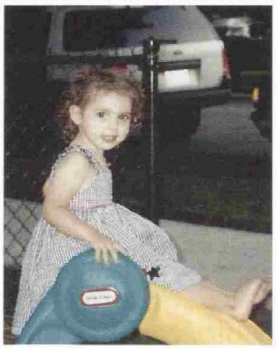
Douglas Belcaster

Keep chasing your dreams, work hard and you'll have no limits to what you can achieve. You are an incredible son, brother and friend. Trust in God and enjoy the journey of life!
Love - Mom, Dad & Zach





Danielle Colantuono



We are so proud of you! Listen to your heart and do what you love. Congratulations!
Love, Mom, Dad & Domi

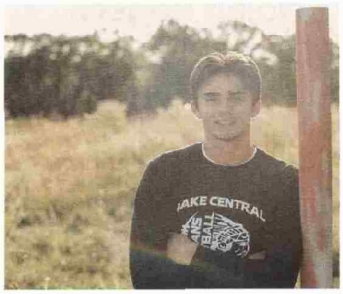
Ava Thompson

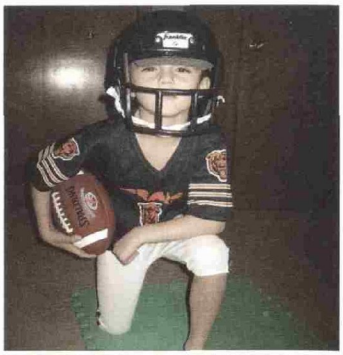
"Strength does not come from what you can do. It comes from overcoming the things you once thought you couldn't." - Rikki Rogers
We are so proud of your strong sense of self, courage, compassion, and all you've achieved from these attributes.

We love you! Mom and Dad

Brooke Dines

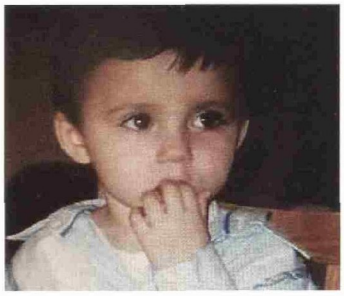
Our little Brookie with the big personality is all grown up and graduating high school. We are so proud of how you have grown into an intelligent young woman, maintaining your constant love of reading even when it wasn't easy at first. Stay true to year determined character and keep reading. There is no doubt that you will do great things. We love you! Remember Matthew 7:7 and Philippians 4:13.
Love, Mom and Dad

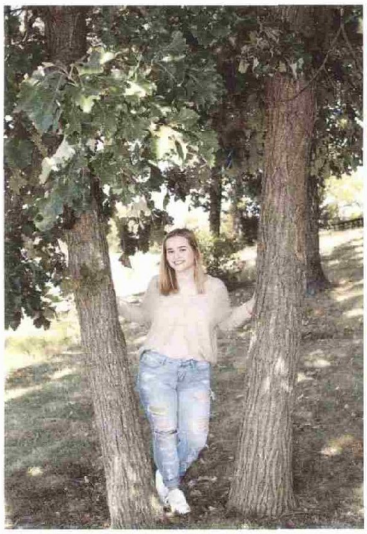


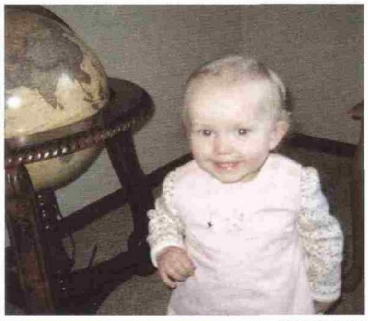


Marco Ciapponi

Congratulations, Marco! I am so proud of the amazing young man you are! Your kindness, sense of humor, and smile light up the room! Your compassion and loyalty to others amazes me. I can't wait to see what your future holds! Your biggest fan, Always! Love you more! We wish you blessings and happiness! Love, Mom and Dom xo

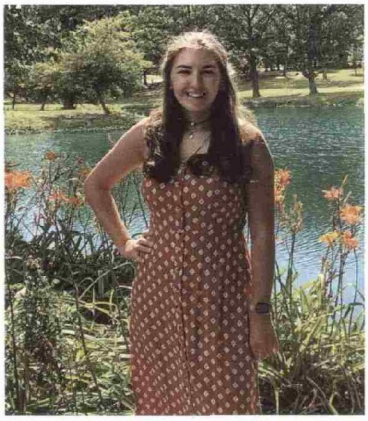


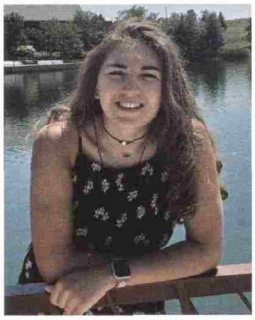




Anna Morris

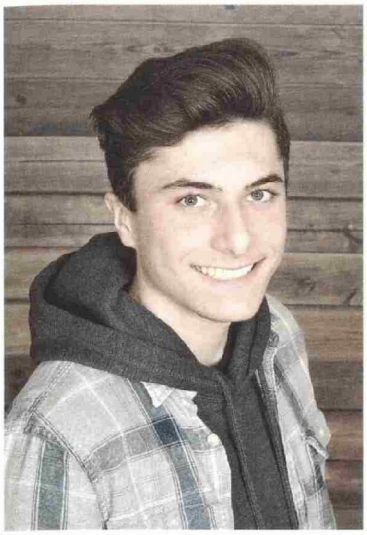
We're so proud of you! Our lives would not be the same without you in it. The world is at your fingertips and we can't wait to see what it has in store for you.
Love,
Mom and Dad





Mariya Lynn O'Grady

Congratulations! We are so very proud of you and all of your successes and achievements. Your strength , determination, and motivation will carry you even further on your journey! Enjoy every moment and believe you can achieve your dream. Stay true to yourself, your values and beliefs and know that there is nothing you can't accomplish. We will always love you and be there for you every step of the way! Enjoy the next chapter in your journey.
Continue to be Amazing!
Love Always, Mom and Dad

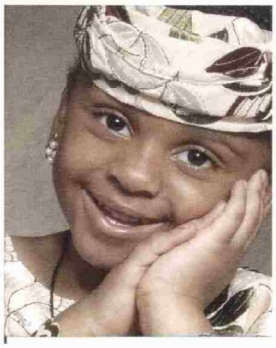
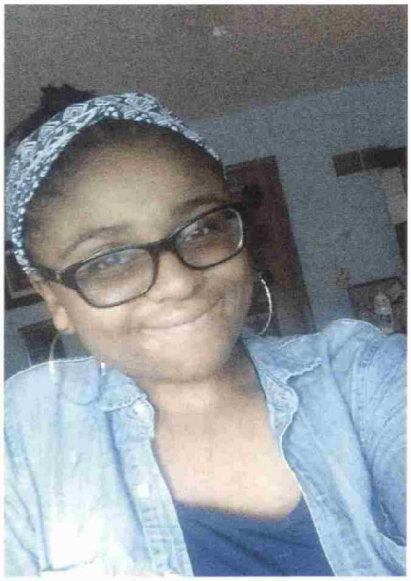


Brian Calligan

Our preemie has grown and become a fun, smart, kindhearted young man. You have an amazing future. We are so proud of you!
Love, Mom, Dad, Morgan and Roxy

Take pride in how far you have come and have faith in how far you can go.

Blessing Nnate

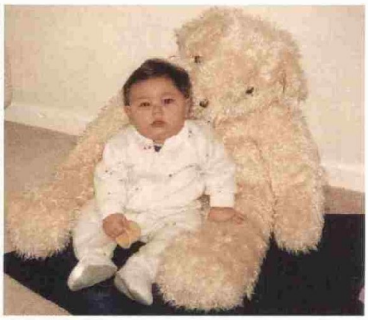



Congratulations my sweet Blessing! I'm so proud of you for this great accomplishment. The sky is not your limit because God's hand is on you. Proverbs 4:18
With biggest love ever, Mommy

Kayla Price

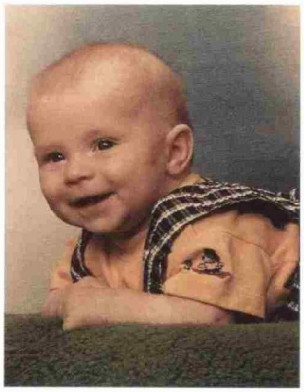
You are and have been an absolute joy to raise. We are so proud of you and to be your parents. You have grown to be an amazing young lady and we look forward to see what else comes your way...

Love,
Dad, Mom and Connor



Hunter Vukasin Zezovski

Your dedication and determination to everything and everyone you love is inspiring and has made you the humble and selfless person we are so proud of. Always know that we are your biggest fans and love you more than you will ever know. Wishing you true happiness and blessings as you go on and reach for the stars!
We love you,
Mom, Dad, Taylor & Jacob



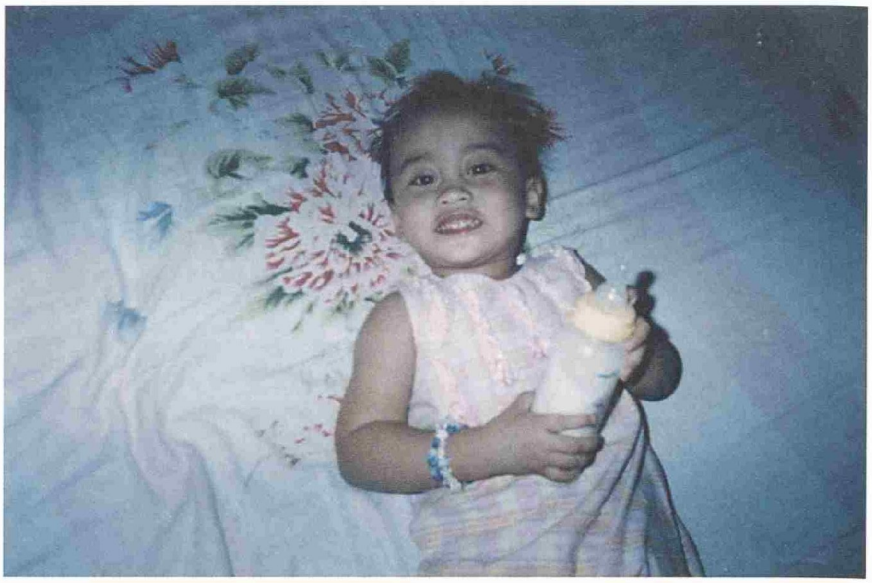
Alex Kohut

Congratulations Alex!

We are so proud of the young man you have become. You are one of the best gifts from God and we can't wait to see what he has planned for you. Enjoy the journey of the next chapter in your life.

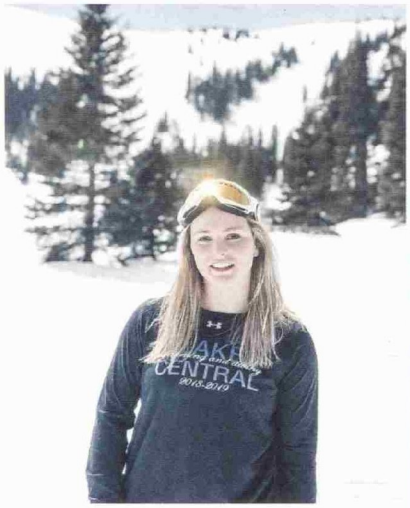
We love you!
Mom, Dad, and Jessica

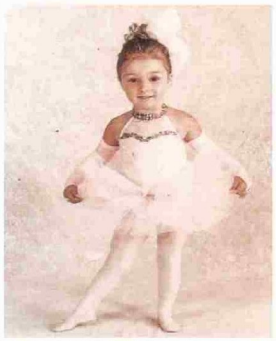
Charmagne Abangan



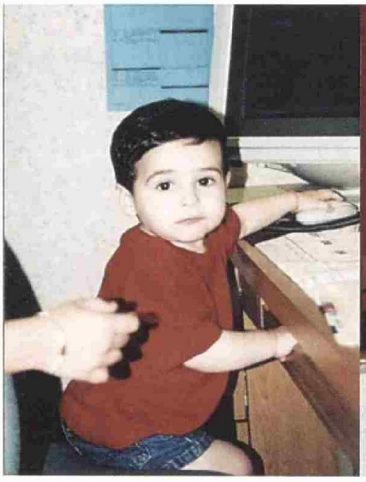
Congratulations Nene! Your outstanding achievements really made us proud of you! Wishing you all the best in your future! Just remember that we are always here to support you. Trust in God, be yourself, aim high, work hard & hit your goal! Above all, stay humble and keep your feet on the ground. We are your #1 fans and we always love you!! Love: Papa, Mama, Gian and Edrian

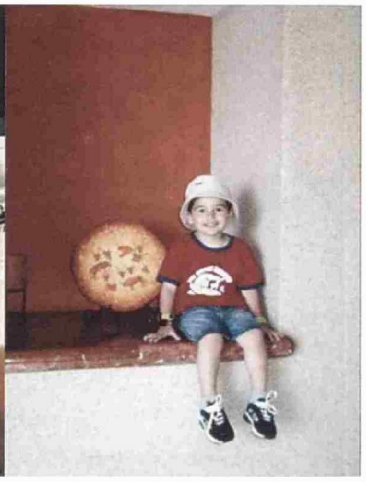
Maggie DePirro





'Above all, let who you are, what you are, and what you believe shine through every sentence you write, every piece you finish.'
- John James
We love who you are and who you will become.
Love, Mom and Dad

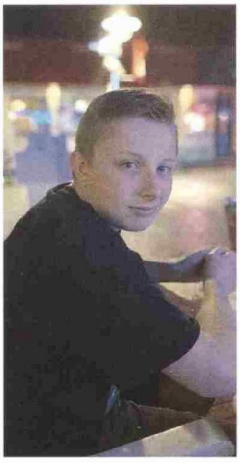




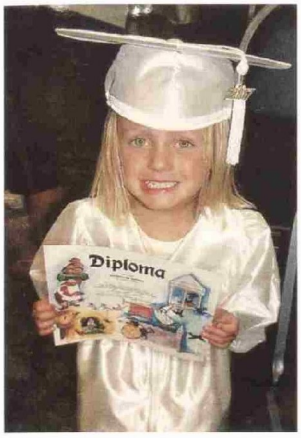
Jovanni A. Alcantar

We've watched in amazement as you've grown into the person you are today, and we're watching with great anticipation to see what you become. With your talent and determination, the sky's the limit! The 3 of US.

Grant Weir



There are no words to describe how incredibly proud we are of you, your achievements, and the wonderful young man you have become. You are an amazing person and you deserve all the best things in life that your hard work and dedication brings. We can't wait to see what the future holds for you.
Congratulations!
Love, Mom and Dad



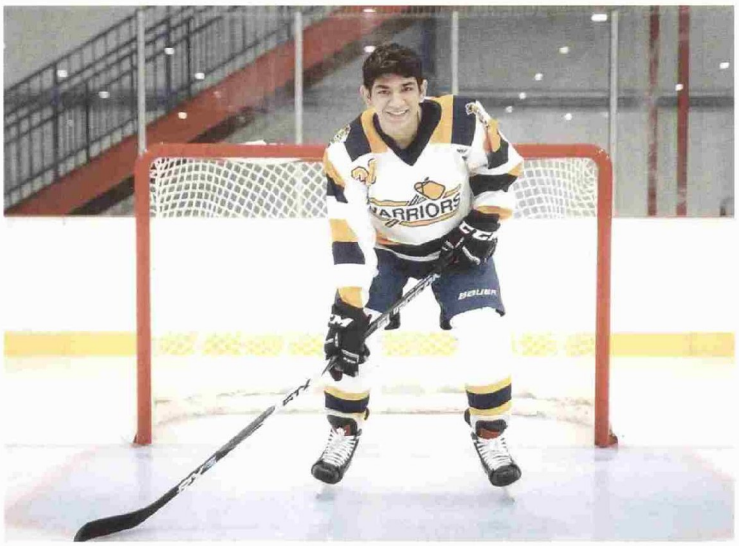
Tori Rosenbaum

To our "Baby girl", who has grown into such a beautiful, kindhearted, young lady. We are so proud of you, and we are excited to see all the great things you will accomplish as you start this next chapter in your life. Enjoy this exciting journey that lies ahead. Continue to work hard, have fun, and always set your goals high. Keep God close to your heart, never stop smiling, and know that we will always be here for you. We love you so much.
Love your biggest fans,
Mom and Dad

Mia Liana Martinez

"Go confidently in the direction of your dreams. Live the life you have imagined." —Henry David Thoreau

Mia... We are so very proud of the beautiful person you are and all that you have accomplished thus far, and look forward in anticipation of all your dreams becoming a reality. We love you beyond measure! — Dad and Helen



Ali Shakir

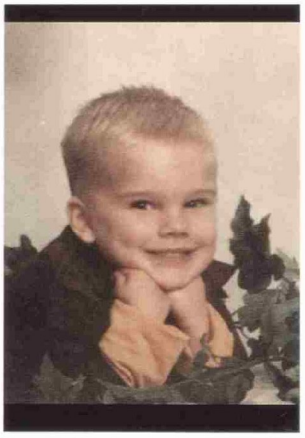
Dearest Ali,
We are so proud of the amazing man you have become! As you start your new chapter, know that our love and prayers will always be with you. We know you have the mind and the heart to achieve great things, God willing. May you always be safe, successful, and most of all in peace in all that you do. We love you with all our heart! Congratulations!!
Love, Mom and Dad

Lillian Zubeck

From then to now, you have made us proud.

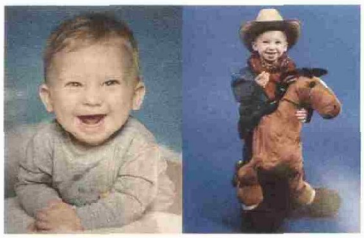
"Today is your day. You're off to Great Places! You're off and away!"
- Dr. Seuss, Oh The Places You'll Go!

We Love You,
Mom, Dad & Michael

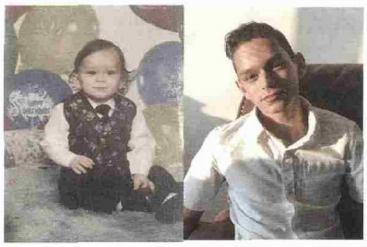


Reece Anthony Gilbert

Congratulations, Reece! We love you and are so very proud of you! Here's to your bright and successful future. We can't wait to see what adventures lie ahead!
Love,
Mom, Russell, Mason & Charlie



Brandon McPherson

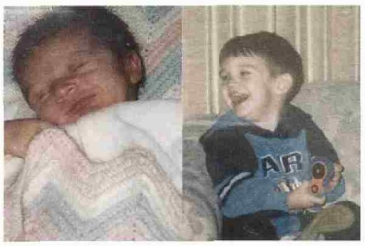


Alejandro Muñoz

Son, life is an exciting and scary journey. I will no longer hold your hand in life but I promise to continue to cheer for you on the sidelines. You will forever be my Son-shine. We love you and are extremely proud of you.

Zachary Thon

It feels like yesterday that these pictures were taken. It has been a joy watching you grow into the young man you have become. We are proud of you and we love you to the moon and back. We always have, we always will. Good Luck at Purdue! Love, Mom and Neil, Grandma and Papa



To my favorite daughter in the entire world, we wish you nothing but success and happiness in your future. We are all so proud of who you have become. We love you forever and always.

Mom, Steve, Jordan, and Alexander

April Lindemann

Paige Lambert

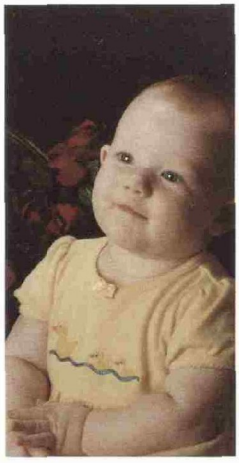
What a joy for us to watch you grow into your own identity over the years. Your quirky, determined, smart, honest, talented and independent personality will serve you well in life. Work hard, stay true to yourself, cultivate your faith and know that you are loved so much by us always. We are so excited to see what the future holds for you and we look forward to watching you continue to develop into an amazing young woman and person. You are a sweet blessing, how very lucky we are to be your parents.
Love you Paigey, Mom & Dad

Emily Harley

Congratulations
Beautiful, smart, and stronger than you know. There is no way we could be any more proud of you!

Madeline Shone

Our Wish for You
Is that this LIFE becomes all
that YOU want it to.
Your Dreams stay BIG, your
Worries stay small. You never
have to carry more than you can
hold. And while you're out there
getting where you're getting to,
We hope you know somebody
LOVES you, and wants
the same things too…
This is OUR WISH.
Love, Mom & Dad



Maisie Westerfield

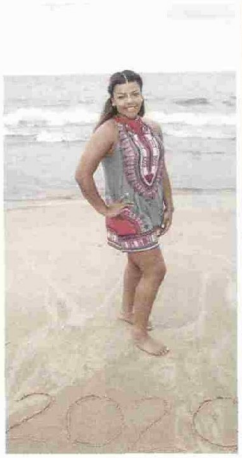
"All the dreams we prayed you'd be are all the things you are."

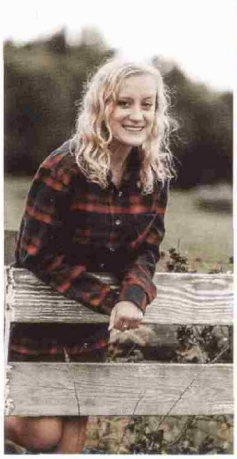
We are so proud of you Maisie! Congratulations on your graduation!

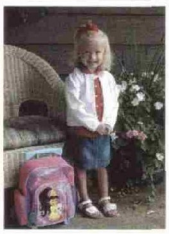
Love,
Mom, Dad, Emma, and Ollie

Angel Harper

My love, my heart, my everything… Words can't express how proud and excited we are for you. May God continue to bless you on your new journey and always remember how much you are loved.
…and that's on periodt
Congratulations on your graduation!
Love, Mom, Dad, Torie and Sashi



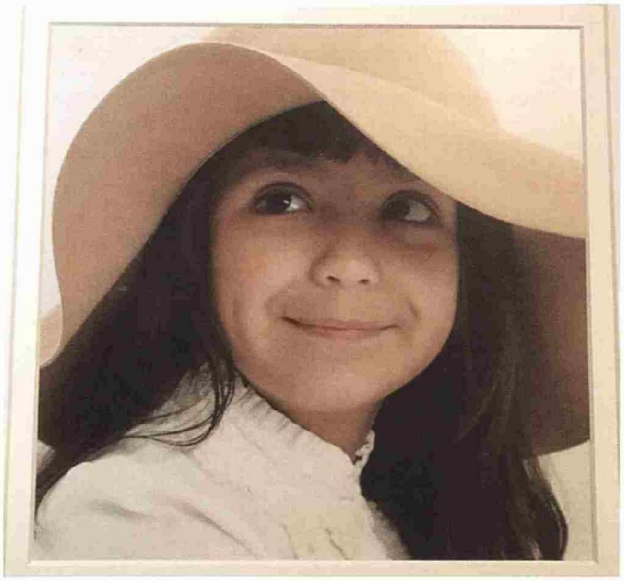




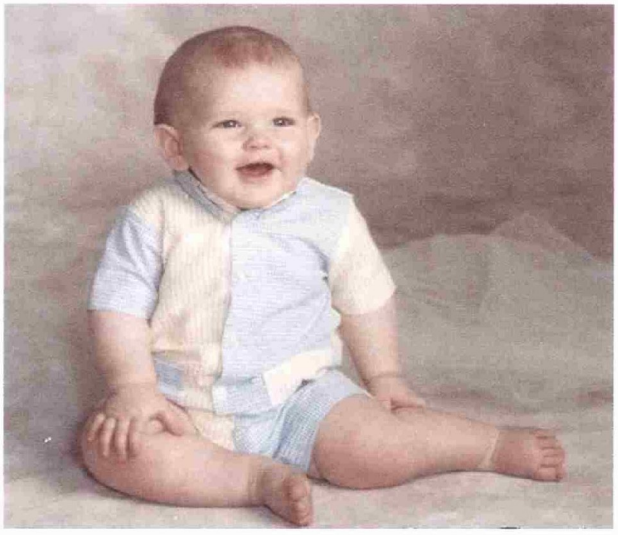
Delanie Flynn

Lanie, you are an amazing, smart, and beautiful girl. We couldn't be more proud of you and everything you have accomplished. We are so excited to see what your future has in store for you. IUPUI is lucky to have you and all that you will bring to their college. We love you and we'll always be your biggest supporters.
Love, Mom & Joe

Frida Arellano



We still can't believe how you grew up so fast! We will forever be proud of you and all your accomplishments.
Con mucho amor,
Mom, Dad, Perla, Rafin and Chloe!



Congratulations Brock Bevil

We are so proud of you!
Love, Mom, Dad & Reese

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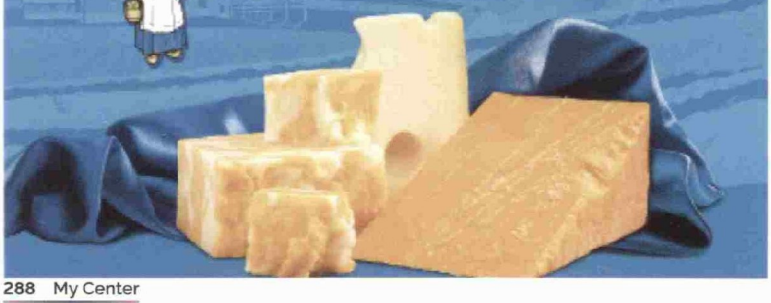

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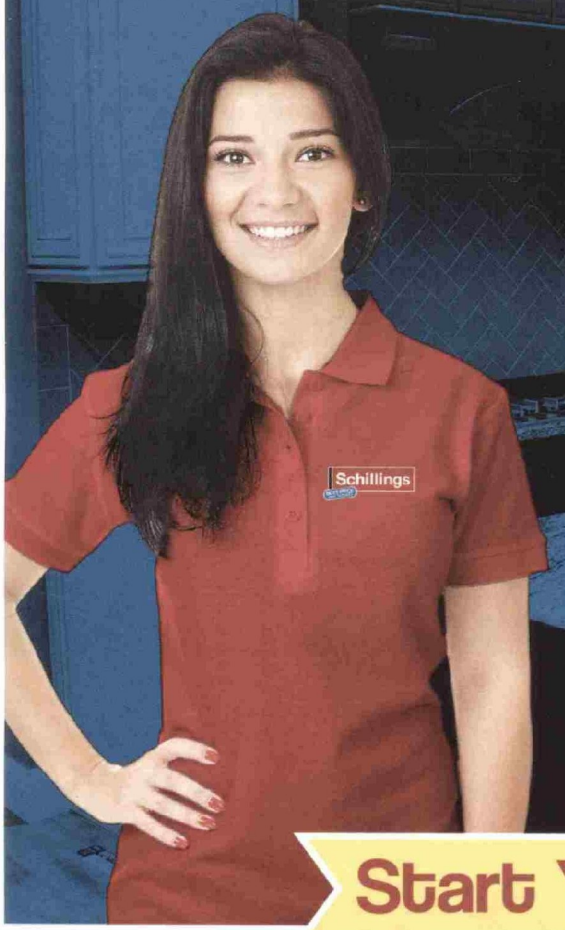

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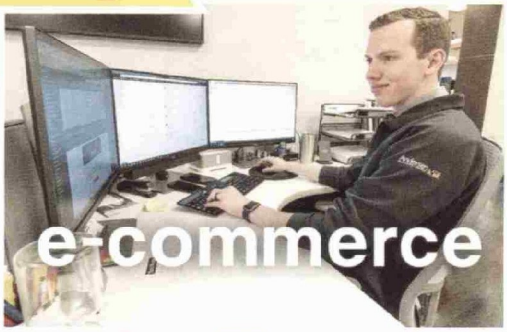

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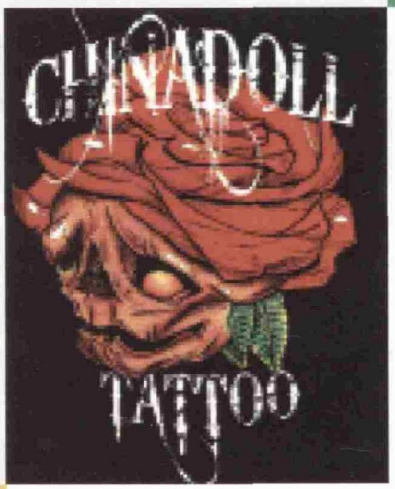

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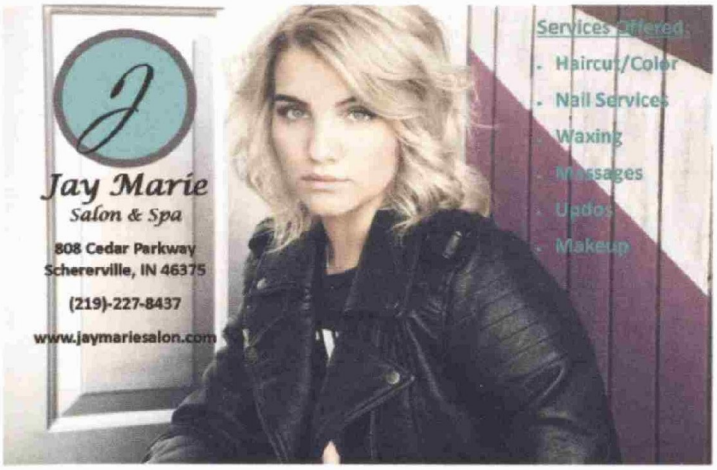

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A SCHOOL WRITES
TO ITSELF."
// Pat Conroy

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WHAT'S THE **HARDEST** CLASS YOU'VE EVER **TAKEN?**

"AP Psychology"
KALISTA BELKO (11)

"Physics"
OM RAJPUT (11)

"Sports Entertainment and Marketing"
RYAN LYTTON (9)

"Biology"
TEIGEN POLLACK (10)

"Spanish I"
NIKO KRIZIC (10)

"Pre Calculus/ Trigonometry Honors"
EMILY LOPEZ (10)

"Integrated Chemistry and Physics"
NOAH LOPEZ (11)

"AP Physics"
BRYCE GROSS (12)

"Statistics"
MYA BELL (12)

"AP U.S. History"
ALBERTO PULIDO (11)

"English 9 Honors"
DOMINIC ORCUICH (9)

"World Literature"
DESMONN SMITH (12)

"Algebra II"
JENNA RUGIS (12)

"Chemistry Honors"
KARINA RIVERA (10)

"Calculus"
ISABELLA LEE (11)

"Psychology"
JADA NOVAK (11)

"Chemistry"
ARMANI SANCHEZ (11)

"AP Statistics"
CARLIE CHRISTIE (12)

"AP Human Geography"
MORGAN HOPPE (12)

"AP Chemistry"
PEYTON PEPKOWSKI (11)

"Anatomy"
SHARON AUSTIN (10)

DURING

QUARANTINE

WHAT DID YOU **DO**?

"I dropped off slushies to the first five people that responded to my post on Snapchat."

CARLIE CHRISTIE (12)

"Since I can't leave the house one of my plans for quarantine is to watch all of the Marvel movies on Disney+."

ALLISON MYBECK (11)

"I've mostly been on TikTok and spending time with my family."

ABBEY HOLMES (9)

"I've been sleeping, eating and playing video games."

ANTONIO PAZ (9)

"I watched an entire season of a TV show in one day."

HANNAH SCHU (10)

"I started making a list of movies I haven't seen and every night I'm watching one of them."

CARSON SCHALK (11)

"I work at a vet clinic and I have to go to work still because we are not closing anytime soon."

MADISEN PIVONEY (11)

"I made a workout routine for every day of the week incorporating body weight instead of weights, and I read a lot of nutrition books."

ISAAC HEARD (12)

"I've been finding a lot of new music. The Weeknd just released a new album, so I'm pumped about that."

ASHLEY KOKUTROPOULOS (12)

"Joe Biden because he has the best shot at winning due to his more moderate views than other socialists candidates."

KYLE KENNEDY (10)

"Over the coronacation, I messed up my sleep schedule an drank coffee at three a.m. I spent most of my days on Canvas."

SAMANTHA MOODY (10)

"I wake up and think how nice it would be on a tropical island. But, then I remember I can't go anywhere."

ALEXANDER MYTNIK (11)

"My parents work in the healthcare realm, and they oth want me to stay away from people as much as possible."

LAUREN GALOCY (10)

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WHAT'S YOUR **FAVORITE SHOW** ON **NETFLIX?**

"Maid Sama"
ABIGAIL ZACHARY (11)

"That 70s Show"
DYLAN MULLENS (10)

"Friends"
EMMA WESTERFIELD (11)

"Killer Inside"
RICARDO PAZ (12)

"Criminal Minds"
ALYSHA WENGLARZ (10)

"Arrow"
WALTER LOPEZ (10)

"The Office"
ASHLYN HEMPEL (12)

"Quantico"
MADELYN STERNFELDT (10)

"Ozark"
MILES MCCORMICK (11)

"The Ranch"
STEVEN MCNAMARA (10)

"Bojack Horseman"
BENJAMIN REDER (12)

"Grey's Anatomy"
JULIA JACOBSON (12)

"Sex Education"
LEO BOWMAN (10)

"Seven Deadly Sins"
MATTHEW VENTRICE (11)

"Anne With an E"
PIA LOPEZ (10)

"The Flash"
ISABELLA SIMKUS (10)

"Shameless"
DOMINIC DO (9)

"The Good Place"
SARAH DUNN (12)

"Stranger Things"
CAMDEN SCHUSTER (9)

"Lucifer"
GIANNA MACFARLANE (10)

"Dexter"
TRINITY KOLANOSKI (10)

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WHAT **CELEBRITY** ARE YOU OBSESSED WITH?

"Timothee Chalamet"
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"Shawn Mendes"
LUPITA DELGADO (11)

"Shay Mitchell"
HANNAH SOLON (12)

"George Washington"
ADAM WHITE (10)

"Justin Timberlake"
MARLENE VELAZQUEZ (12)

"Ciara"
TONY FLOWERS (12)

"Brandi Low"
TYLER MAUCK (11)

"Sommer Ray"
MARCUS BAIS (10)

"Harry Styles"
VICTORIA TORRES (9)

"Bruno Mars"
ANGEL SANG (11)

"Logan Lerman"
ALEXIS VANLINDEN (10)

"Scarlett Johanssen"
NOAH TUFTEDAL (12)

"Zac Efron"
KATIE PLAUT (9)

"Ariana Grande"
MICHAEL CASTELLANOS (12)

"Noah Centineo"
MARRISA MOORE (10)

"Evan Peters"
AMAYA ROSS (9)

"Tyler, the Creator"
EMILY SWANSON (10)

"Ian Somerhaulder"
PAIGE SOLON (10)

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WHAT'S YOUR **FAVORITE** TIK TOK SOUND?

"Marvin's Room"
TOMMY WRIGHT (10)

"Please Don't Break My Heart"
MICHEL GONZALEZ (10)

"This is For Rachel Remix"
TATUM BARTLY (10)

"Molly"
IZABELLA RAMIREZ (10)

"Pull Up"
BROOKE BRUKS (10)

"Where's Alexis Texas"
OLIVIA GARCIA (10)

"Donut Shop"
SHANON AUSTIN (10)

"Falling"
CARLY DAVIS (10)

"The Box"
KORI KOSTEBA (10)

"Whip Out the Stick"
CHRISTAN GARCIA (10)

"Something For Your M.I.N.D."
NATALIE JUSTICE (10)

"Renegade"
ALAINA COLLINS (10)

"Hungry Hippo"
ALEXIS HILL (11)

"Say So"
ISABELLA SIMIKS (10)

"High Fashion"
ZEA TRINITY (11)

"Tongue Tied"
ELIJAH JOHNSON (10)

"No Idea"
TIFFANY CARDINA (11)

"Walked In Walked Out"
MICHAEL BORN (11)

"Mop"
GRACE PENNA (10)

"Wait a Minute"
TRINITY KOLANOWSKI (10)

"Supa Lonely"
GRACE BENTKOWSKI (12)

WHERE DO YOU **ORDER** COFFEE AND WHAT DO YOU GET?

"Sip Coffee House: Hot Vanilla Latte"
YARA HIJAZ (10)

"Dunkin: Caramel iced coffee with cream and sugar"
ASHTON PODLIN (10)

"Sip Coffee House: House Latte"
VERONICA RUIZ-AVILA (11)

"Starbucks: Caramel frappuccino"
MARYCLARE BLUM (11)

"Dunkin: Vanilla iced coffee with cream and sugar"
LEXI NAUMOSKI (10)

"Starbucks: Iced Cold Brew with Almond Milk"
BRENNA THOMPSON (12)

"Dunkin: Caramel iced coffee no sugar"
NATHAN CULIC (11)

"Starbucks: Java Chip Frappuccino"
IMMANUEL BRAVO (11)

"Coffee Cabin: Iced Mountaintop Mocha"
BREANNE MITCHELL (10)

"Dunkin: Vanilla Chai tea latte"
ABIGAIL BURTON (10)

"Starbucks: Vanilla Chai Latte"
BROOKE BURKS (10)

"Dunkin: Caramel iced coffee extra caramel"
MICHAELA SPEARS (12)

"Starbucks: Iced Caramel Macchiato"
LYDIA FARMER (12)

"Starbucks: Toasted White Chocolate Mocha"
ADAM MORDUS (10)

"Starbucks: Iced caramel macchiato with extra caramel"
ADAM MORDUS (10)

"Dunkin: French Vanilla iced coffee"
MAX CERVANTES (10)

"Starbucks: Vanilla Sweet Cream Cold Brew"
KATE WOJCIEHOWSKI (10)

"Starubucks: Iced honey flat white with almond milk"
MADELINE SWANTKO (11)

"Dunkin: Caramel iced coffee"
VICTORIA CRENSHAW (10)

"Dunkin: Caramel iced latte with extra sugar"
SARAH GROSS (11)

"Dunkin: Caramel iced coffee with almond milk"
SHELBY NOONAN (9)

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WHAT WAS YOUR **FAVORITE MOMENT** FROM **THE DECADE?**

"Cubs winning the World Series"
COLE SLATER (12)

"Went to state for cross country"
CARLY DAVIS (10)

"XXXTentacion and Lil Uzi Vert's music"
JEFFREY CLARK (9)

"Avengers movies coming out"
DYLAN LOPEZ (9)

"Fashion change"
EMILIA HARVEY (10)

"Evolution of rap"
JULIAN VARGAS (9)

"Playboi Carti"
GABRIEL ANDERSON (9)

"The Super Bowl"
SEAN ELROD (11)

"Music started to become better."
GABRIELLE EILERS (11)

"Tik Tok"
BROOKLYN BALDIN (11)

"One Direction"
AVA MORENO (9)

"Jonas Brothers getting back together"
ELLA BIRGEL (9)

"Growing up"
DANIELLE COLANTUONO (12)

"Having my mother around"
COLIN MAUCH (10)

"I got a dog."
OLIVIA KLEIN (9)

"My parents got married."
SAMANTHA MILLER-SWAIN (9)

"Me being alive"
LOGAN GRABEK (9)

"Clothing trends changed."
SAM RICHTER (11)

"Getting my new puppy and cat"
PAIGE BUIKEMA (11)

"Reunited with my best friend"
REAGAN PRICE (11)

"Getting my puppy"
TAYLOR ZEZOVSKI (11)

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WHO WOULD YOU VOTE FOR IN THE 2020 ELECTION?

"Trump, because he's preventing a lot of poverty and unwanted wars. He's also really rich and is keeping the economy booming."
REBECCA ZIEMAN (11)

"If I could vote, I would vote for Bernie Sanders because I think he has good policies and he would do a good job at running the country."
ELIZA HOECKELBERG (11)

"I don't think I would vote, mainly because I am uninformed. Honestly, I feel like I would vote if I felt that the elections truly would affect me."
RAEANN RISOS (9)

"I would vote for Bernie Sanders. I agree with a lot of his policies, and I think his background in activism is really important."
KAYLA LONGFIELD (11)

"Trump, because I think he's been doing a good job. Trump is trying to make this country a better place, and that's a president I can vote for."
JOSEPH CARDINALE (11)

"I would vote for Trump. He wants to stop all the criminals from coming into the country illegally and has passed many helpful laws and bills too."
THOMAS COPE (11)

"I'd have to vote Trump back into office. He is giving schools many opportunities for those who know college isn't for them."
ASHLEIGH THOMPSON (11)

"I would vote for Pete Buttigieg. He is very level-headed, reasonable, and holds a middle ground in most topics."
MYA BELL (12)

"Pete Buttigieg because he's young and I am sick of this whole country being run by white old males."
TENLEY EDVARDSEN (11)

"Joe Biden because he has the best shot at winning due to his more moderate views than other socialists candidates."
KYLE KENNEDY (10)

"I would probably vote for Bernie Sanders. His values coincide with mine, and he would do very well as a president."
RACHEL HOLECHKO (11)

"I'm not exactly sure who I'm voting for yet, but it will be either Buttigieg or Sanders because they are devoted to helping out this country."
PAIGE VARADY (12)

"I don't know at this point. I like what most of them have to say, but I need more time to decide who's the best."
GRAYSON HILL (12)

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LETTER FROM THE EDITOR

Never in my life would I imagine myself at the helm of a yearbook staff, creating a 300+ page book that over 3000 students would see. Freshmen year I stumbled into Intro to Journalism without any clue what I was getting into, and four years later I'm right in the center of one of the best things to happen to me in my life: Pub.

To me, The Center of Everything encapsulates everything I've taken away from high school. In a school this big with so many opportunities, it's hard for Lake Central not to feel like the center of my life. I wanted to showcase all the good that our school provides, and how what we do makes it better in return. Our centers, whether they be places or actions, will be what we remember about high school for years after graduation. How fitting then that the yearbook we use to see those memories captures that.

Center was not a solo act; it was absolutely a group effort. There are so many people whose lives center in some way around the yearbook, and they all have my gratitude.

Thank you to Allen Kostecki for shooting the photo for the cover and being to cooperative with my crazy ideas.

Thank you to all the staff who devoted so much of their time to interviews, writing and photos. Thank you Brenna, Hailey, Kelly, Justyce, Morgan and the orphans for holding so much responsibility and always making me clarify my jumbled up ideas.

Copy and Photo, thank you for being patient and refining all the content that came your way. I'm so proud of how far you have all come this year.

Emily (Mz. Bell!), thank you for doing all the little things that no one actually wants to do and keeping Pub in check. It's definitely a challenge sitting next to me all year, so thank you for putting up with all my insanity and smelly noodles.

Josh, thank you for constantly supporting me and being an amazing friend. This journey would not have been the same if you hadn't been by my side for the last four years.

Thank you endlessly to my design team for making this book so beautiful. Ava, thank you for keeping me laughing when I was about to scream. Jade, thank you for being such a calming presence and being so willing to do whatever I asked. Nitya, thank you for being my rock and always reading my mind whenever I couldn't verbalize what I wanted. Design, this is just as much your book as it is mine.

Emma and my parents, thank you for always showing support and love, even if you have no idea what a proof or a folio is.

Betty, thank you for always giving me a fresh perspective and keeping me laughing, especially since I cry almost every time I see you.

Thank you to the advisors. Flores, about 75% of the headlines in this book are your doing, so thank you for always bringing your English teacher perspective and humor. Wad, thank you for seeing something in me freshmen year and letting me have this amazing experience. Even though you can't remember the theme, I love the shoes. VP, thank you for being one of the most amazing mentors in my life. Your guidance and unconditional support has been an anchor for me the past few years, and my high school experience would have never been the same without you and your space heater.

I can't be happier with my time as editor-in-chief and in Pub. Lake Central Publications is absolutely my center of everything, and I'm so proud of what we've created this year. In the words of Nitya, "We have accomplished so much in publishing."

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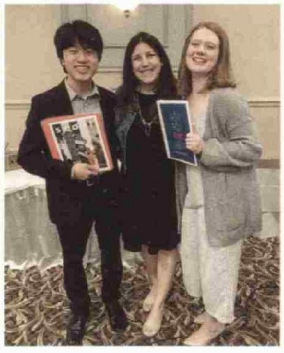
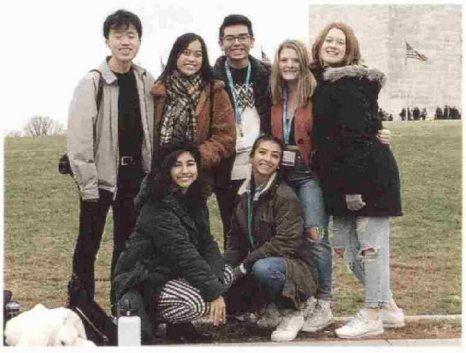
WITH SO MUCH LOVE, MAISIE WESTERFIELD

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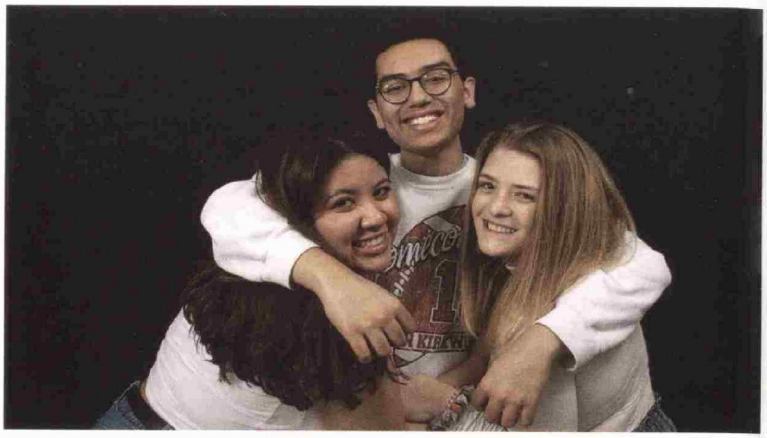

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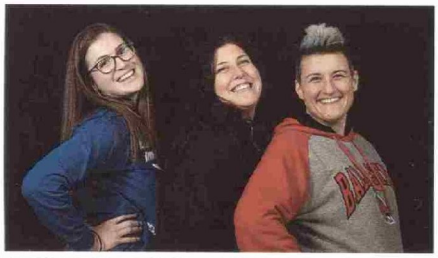

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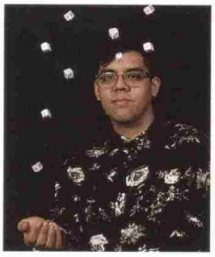

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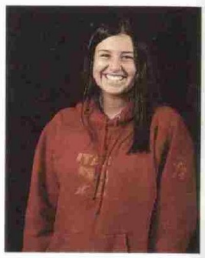

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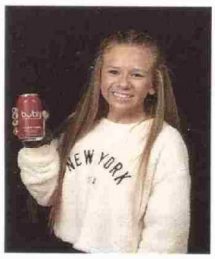

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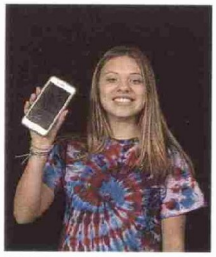

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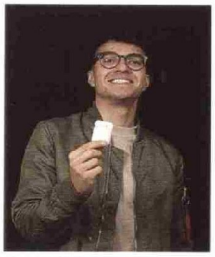

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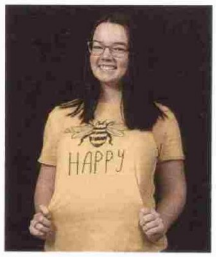

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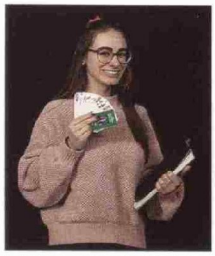

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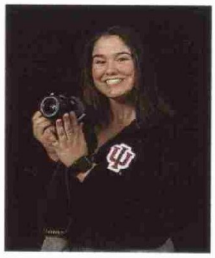

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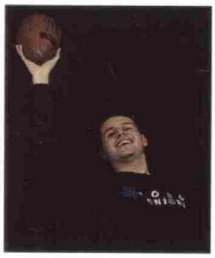

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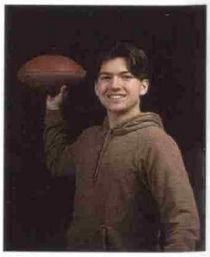

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BOOK INFORMATION

Theme

The theme for Quiver Volume 53, The Center of Everything, was chosen to highlight how Lake Central creates and fosters passion within the building. The color palette is orange (C2 M60 Y56 K0), blue (C88 M76 Y2 K0) and the gradient between the two. All text in this book is set in Raleway and Whitman Display in various weights and styles.

Technology

All page layouts were created using Adobe InDesign CC 2020 and Adobe Photoshop CC 2020. Our staff photographers shot thousands of digital images using Canon Digital 50D, 60D, T3i, T4i, T5i and T7i. Inter-state Studios in Winfield shot all underclass and senior photos.

Awards

Quiver Volume 53 received a Superior from IHSPA and a 1st Class from NSPA. Quiver Volume 52 was a Hoosier Star winner.

Production

This book has a press run of 1,700 featured on 80 lb. gloss paper. The cover is made with an embossed four-color gloss lamination. The tipped-in magazine is printed on Oxford White 24W 5.5 pt. imaging texture paper and was short cut to 8 inches squared. During the early order period, the book cost $50, while end-of-the-year orders reached $75. It was printed by Herff Jones, 2525 Midpoint Drive, Edwardsville, KS 66111, with the assitance of Customer Service Advisor Lisa Merino, Technical Support Adviser Debbie King and Sales Representative Betty Samples.

We might not use our **lockers**, but that means we're great at organizing.

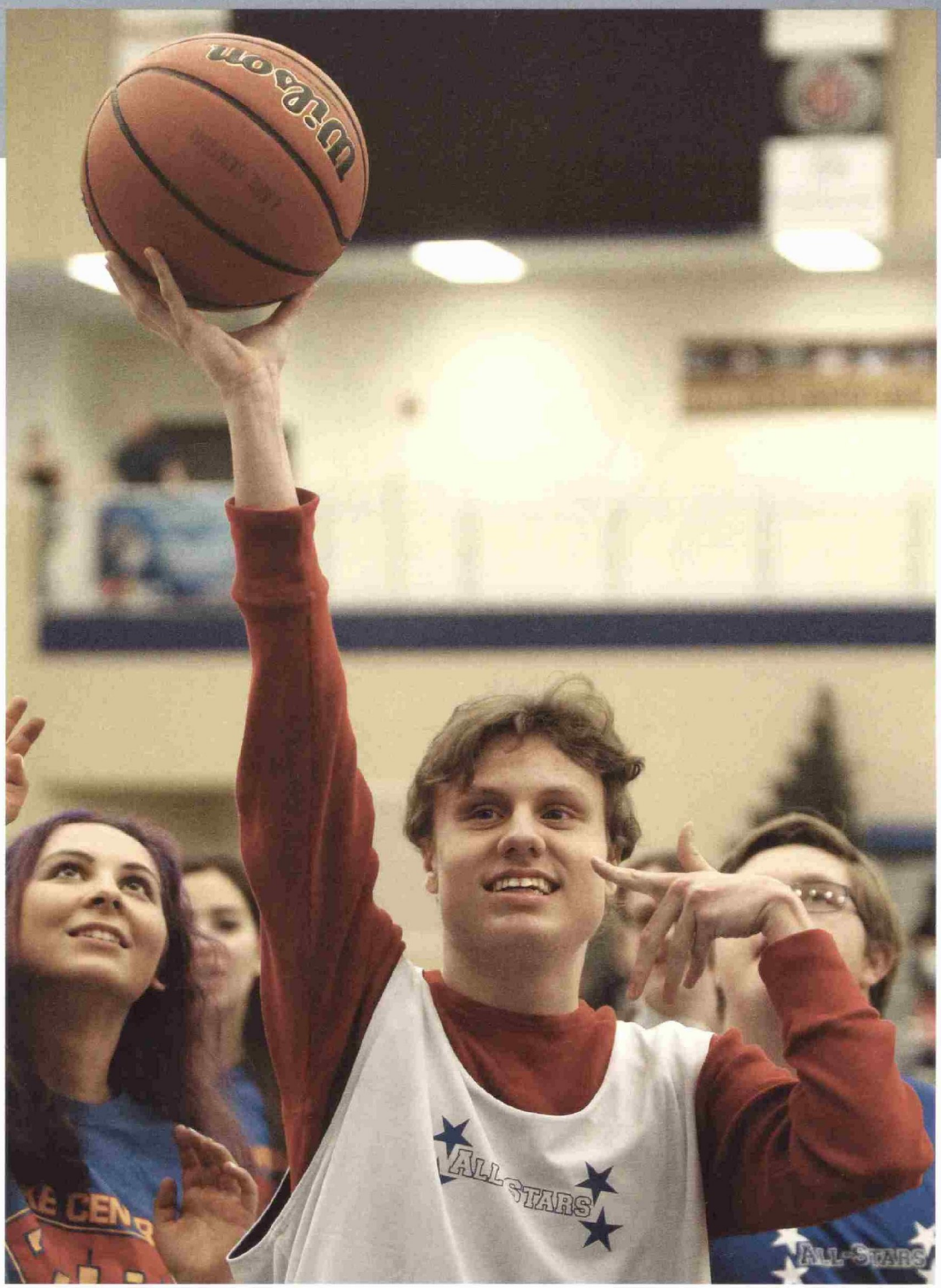
The **third floor** might be a hike, but it's also great morning cardio.

Walking down **Main Street** might be hard at first, but it makes you a speedwalking pro.

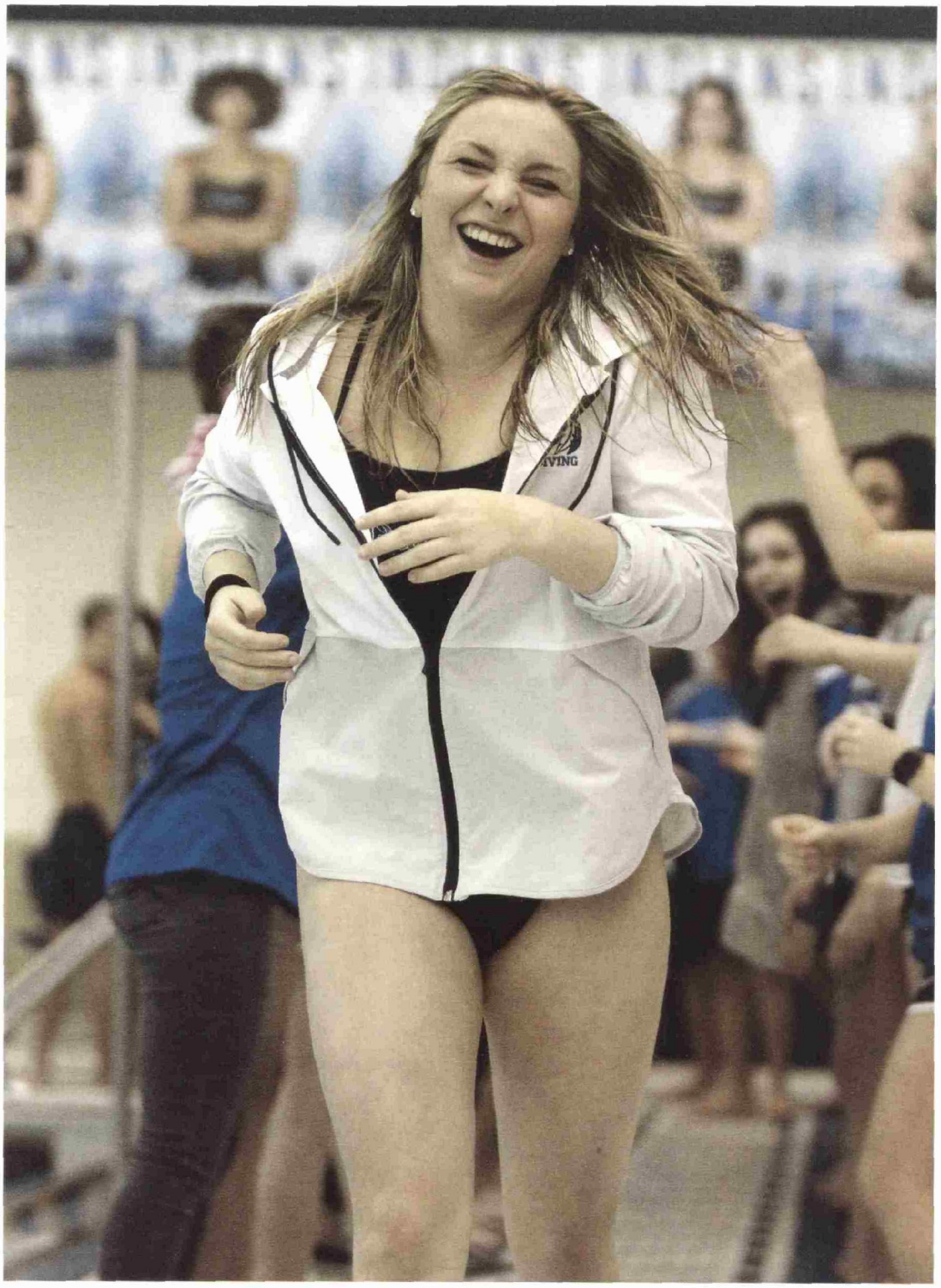
THE CENTER OF EVERYTHING

There are crazy drivers in the **parking lot**, but there are also those angels that wave you into the line when it's really busy.

Will you visit the **center** of the school? It might just be a **cafeteria table**, but now it means something to us.



Joshua Janik (10) shoots a layup during the winter pep rally. Janik and his teammates in Best Buddies played the first game at the rally. "Being in Best Buddies has really taught me the definition of friendship. Everyone, no matter how alike or different they are, is so kind and inclusive," Mya Bell (12) said. Photo by: Jade Mehok



Maggie DePirro (12) celebrates during her senior night. This was DePirro's fourth year on the swim team. "Working my way through my senior season has been a bittersweet experience. I'm so blessed and lucky to have this team and these girls to swim with me," DePirro said. Photo by: Charmagne Abangan

We took a million classes, joined a million clubs and played a million sports, but eventually, we all found our center.

You enjoy science, so you joined Science Olympiad. Sure, you spend a lot of long hours in **Mrs. Martin's room** after school, but doing what you love makes it worth it.

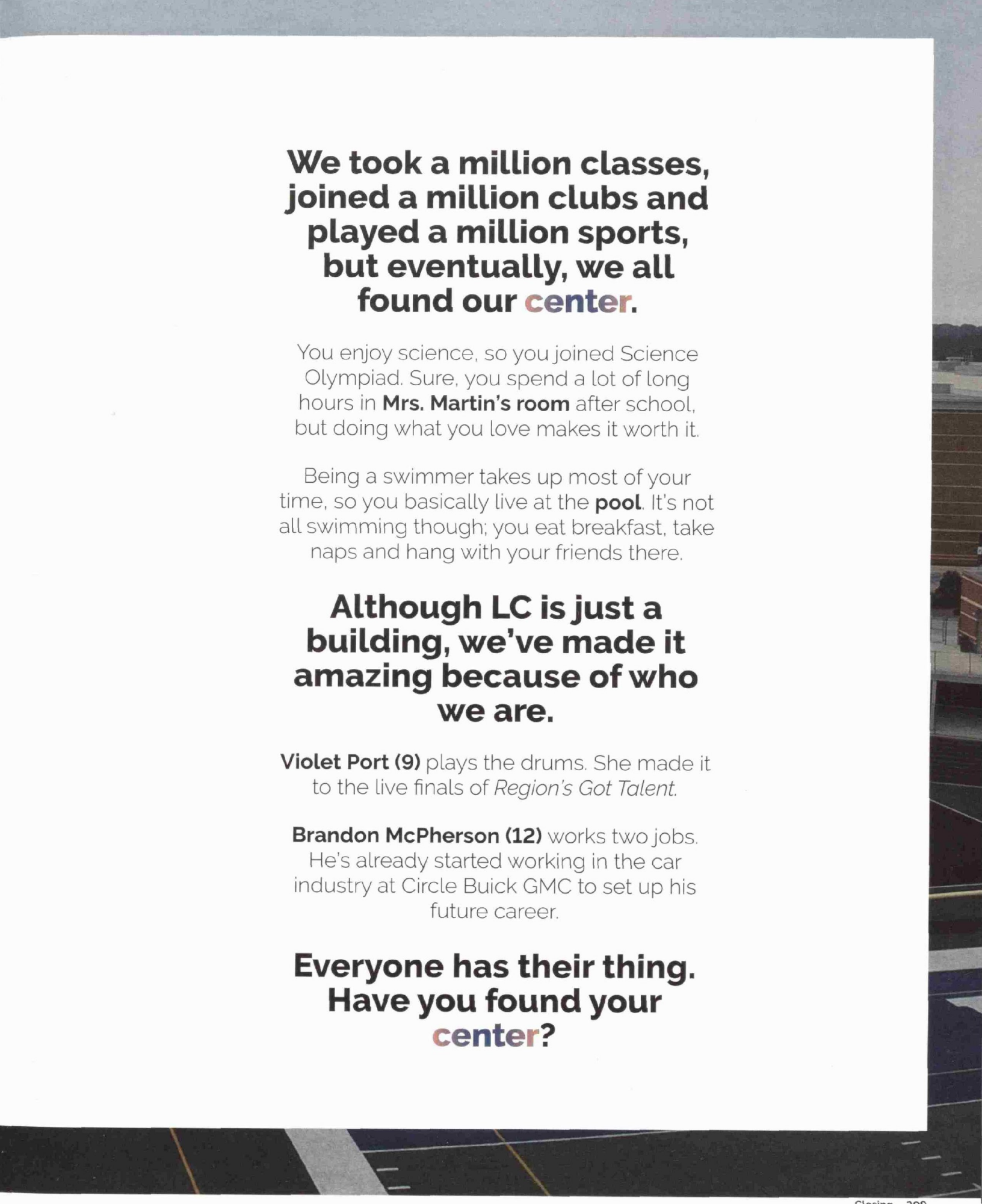
Being a swimmer takes up most of your time, so you basically live at the **pool**. It's not all swimming though; you eat breakfast, take naps and hang with your friends there.

Although LC is just a building, we've made it amazing because of who we are.

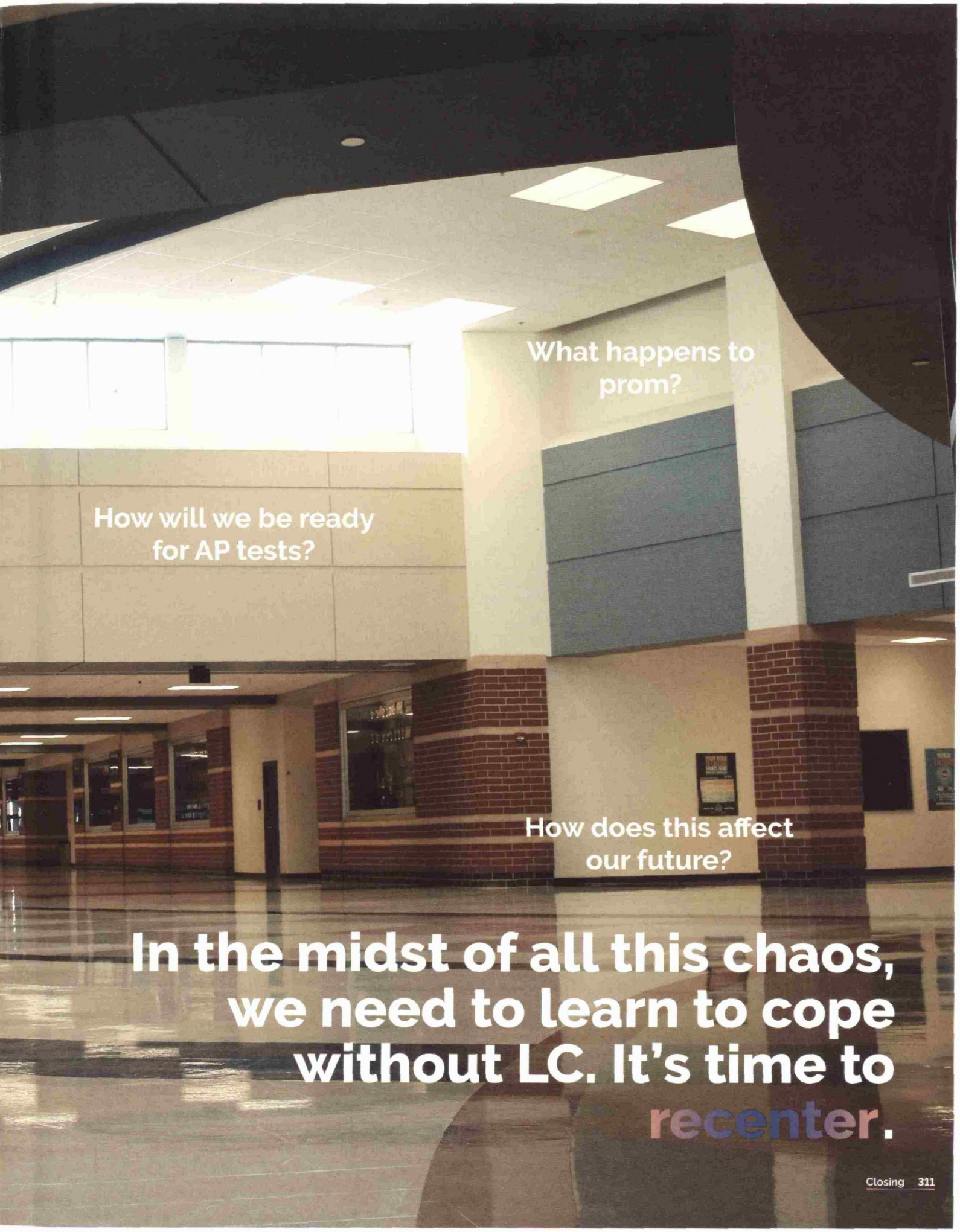
Violet Port (9) plays the drums. She made it to the live finals of *Region's Got Talent.*

Brandon McPherson (12) works two jobs. He's already started working in the car industry at Circle Buick GMC to set up his future career.

Everyone has their thing. Have you found your center?



But, what happens now? Suddenly, we've lost our center.
What about our senior seasons?
What even is e-learning?
How are we supposed to have fun when we're stuck at home for weeks?



In the midst of all this chaos, we need to learn to cope without LC. It's time to recenter.

THE CENTER OF EVERYTHING

Geraud Charley (12), Marc-Henry Derogene (12), Keysean Wigley (12) and Curtis Gills (12) cheer during the student vs. teacher basketball game. The students beat the teachers during the game at the winter pep rally. Photo by: Jade Mehok

RECENTER

a joint *Scout* and **Quiver** publication

"I was hoping to end out my freshman year at school. I took my first year of high school for granted. Just like most other students, I always complained about waking up early and going to school, but now that it's gone, I want to go back."

Sara Ruzycki (9)

Friday, March 13.

As the number of U.S. coronavirus cases reached over 1,600, superintendent Dr. Veracco announced Lake Central schools would be closed for four weeks.

"I was planning on attending Aurora University for track and field. The Coronavirus has canceled my whole senior track season. This affects my future because I have to miss out on another year of track before I go to college. I also won't get a chance to be recruited off this year's state."

Isaac Heard (12)

recenter

4 A Rapid Reponse — When the pandemic reached Lake Central

6 Cyber School — How teaching and learning has moved entirely online

8 Sports Headline — How sports seasons — and athletes' ambitions — were cut short

"Both of my parents have to work with patients everyday who have tested positive for coronavirus. It's scary to watch your parents go to work everyday knowing what could potentially happen or what they could be exposed to."

Madison Zielke (11)

Two weeks later, all K-12 schools in Indiana were closed for the rest of the school year.

Without Lake Central, how do we regain our center?

"I believe a lot of kids are going to struggle with their mental health as well during this time, for some people hanging out with friends was their only chance to get away from their reality at home. Now that that is being taken away from people I think kids are going to start struggling."

Avery Parks (11)

10	Quarantine Tingz	Adjusting to a lifestyle in isolation, filled with TikToks and Netflix binging
12	Senior Headline	Navigating the end of a journey completely upended
14	Anti-Asian Racism	Voices speak out on the rise in bigotry accompanying the pandemic
16	Workers Headline	Working "essential" jobs in a global health crisis

A RAPID RESPONSE

Students analyze how the administration handled the outbreak of the virus and how that impacted school

PAGE BY TIFFANIE RICHERME, ADRIANA RODRIGUEZ, JOHN NICK SANCHEZ AND NITYA SHAH

"I was upset when I heard school was canceled because I knew that meant a lot of fun spring events would be canceled, like prom and the spring choir concert. School is important to me, and I actually like being there in-person because I get to see my friends and the people in my classes. School also gives my day structure, so it's easier to keep routines like when I eat or when I do homework or when I have free time. I think administration handled it really well; although we can't have in-person classes, I think it's still important that we're learning, and it's great that we're able to do that through Canvas, something that a lot of students are already used to using. I definitely prefer classes in person, but I'm kind of glad I have something that I have to get done other than sit around all day bored. I was eating lunch when I heard they decided to close until mid-April. I aid in the library that hour, and I remember just sitting in there after lunch and talking to my friend but not really knowing what to do. I don't remember what I was doing when I heard school would be closed for the rest of the school year. I was expecting the shutdown, but not for so long. I thought we might be off for the week before spring break, spring break and the week after spring break. I think L.C. also handled the shutdown well. I don't really know what could've been done much differently."

Kayla Longfield (11)

"At first I was happy because I could sleep in, but then I realized that I could not see my friends. I was both excited and sad because I got to sleep in, but I could not see anyone or do anything. I think the administration was worried that kids might not do the work. I miss my friends because I get tired of seeing my family. For the most part I like e-learning, but when it comes to certain subjects I need help that my parents can't help with. I was in Spanish class when I heard about the shutdown. I was not expecting it because we had not closed for snow days, so I thought that they would not close. I think a lot of kids were excited."

Peyton Staley (10)

"It's sad for seniors because we can't finish out our year. We missed the best part of our four years and we did not even have the chance to say goodbye. The school handled it well except for the fact that everything happened so fast. Most of [the teachers] couldn't prepare worksheets to give to the students for the rest of the year, which would have made the situation a little better."

Krista Matakovic (12)

"I was surprised and happy when I found out school was closing because it was a break from the chaos of school. I was excited when it first closed, but now I'm sad that there won't be any of the end of the year events. I think the administration could have handled it better, but overall they did pretty good. I miss my friends the most, like the ones I don't normally talk to and senior friends. I hate e-learning. It is frustrating and I feel like I'm not learning anything. I was expecting a shutdown, but not until after spring break, because I thought the school would wait the extra week. I think L.C. handled the shutdown in an okay manner."

Madisen Pivoney (11)

"When I originally found out school was canceled I was ecstatic - for a minute. As soon as I realized the extent of the situation that excitement went away. Originally, I was excited, but as I realized school would be canceled for the entire year I was sad. I really enjoyed my teachers this year and was looking forward to the dunes field trip AP Environmental Science takes every year. I think the administration handled the situation very well. They made a good call that may have saved lives and managed to set up the e-learning very quickly. This is something we have not handled before, and the administration set a great example for future situations. I was supposed to take a field trip to the dunes. A field trip in high school to a sandy beach. L.C. handled the situation very well. Many teachers are going above and beyond to help students complete their work during this difficult time. This shutdown has shown how important teachers are and how much they care for their students. My respect for the profession has only grown with the way they have handled the current situation."

Kaitlyn Gregerson (11)

"I never thought I'd say this, but I miss school. I miss the hands on learning and guidance there was. I just [think] it's so much harder especially with students that need special attention. I honestly wished that the school closed down a while before it actually did because we're a huge school and just making a [small] change in our school could make an even [bigger] change."

Pooja Patel (11)

"I feel like it was a well needed break, but by now I'm ready to get back to my normal routine. I believe the school handled the situation [to] the best of their ability."

Adrian Campos (9)

1. Main Street **2.** The Red Lot **3.** The Weight Room **4.** Outside of the Library Photos by: Joshua Chen

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AMBITION

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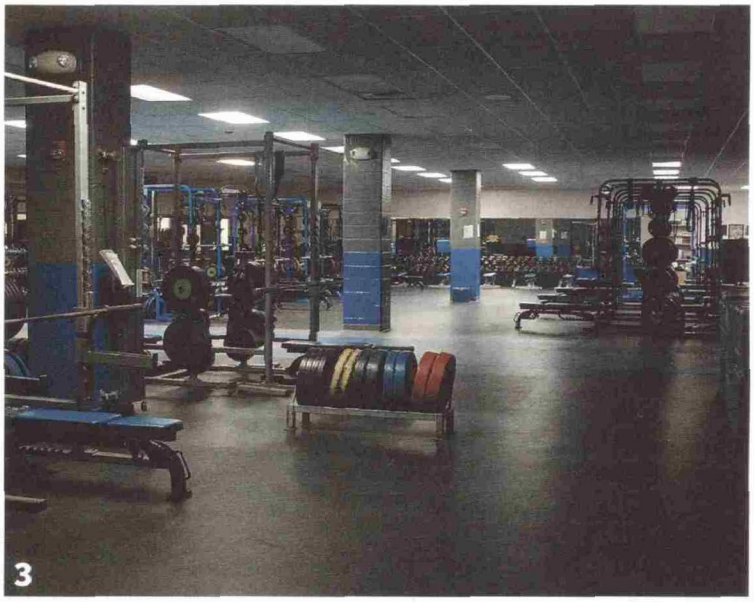
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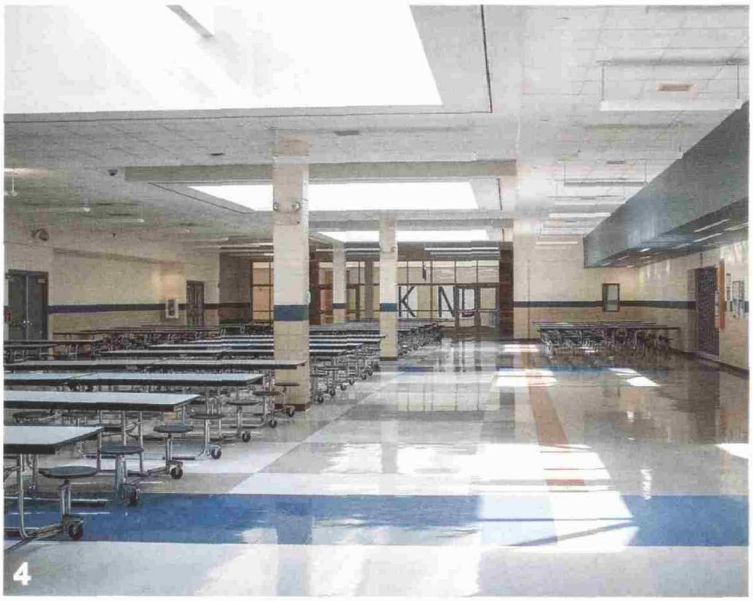
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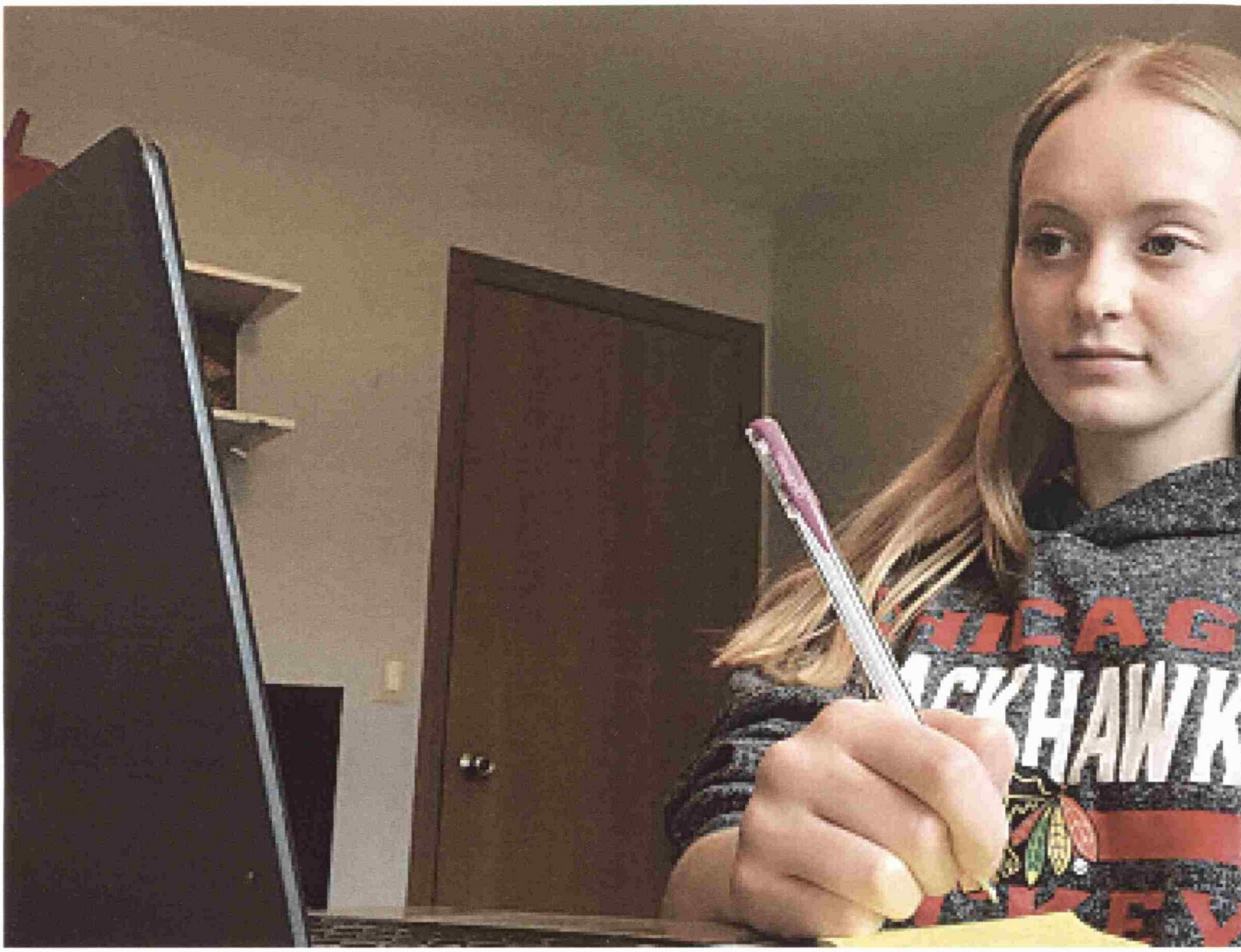


CYBER SCHOOL

School moved onto Canvas after the rest of the year was cancelled due to the COVID-19 pandemic. Students and faculty had to adjust to a completely new way of learning during this transitional period.

PAGE BY TAYLOR ANDERSON, BAILEY EGAN, JADE MEHOK, ALLISON POTPORA, EMILY PRINCE, ELIZABETH SULEK, MOLLY TKACH AND JORDAN ZNOSKO

The switch from traditional in-school learning to online distance learning has been a big one for almost everyone involved. From attendance to tests, there have been many adaptations created to operate as normally as possible during online school days.

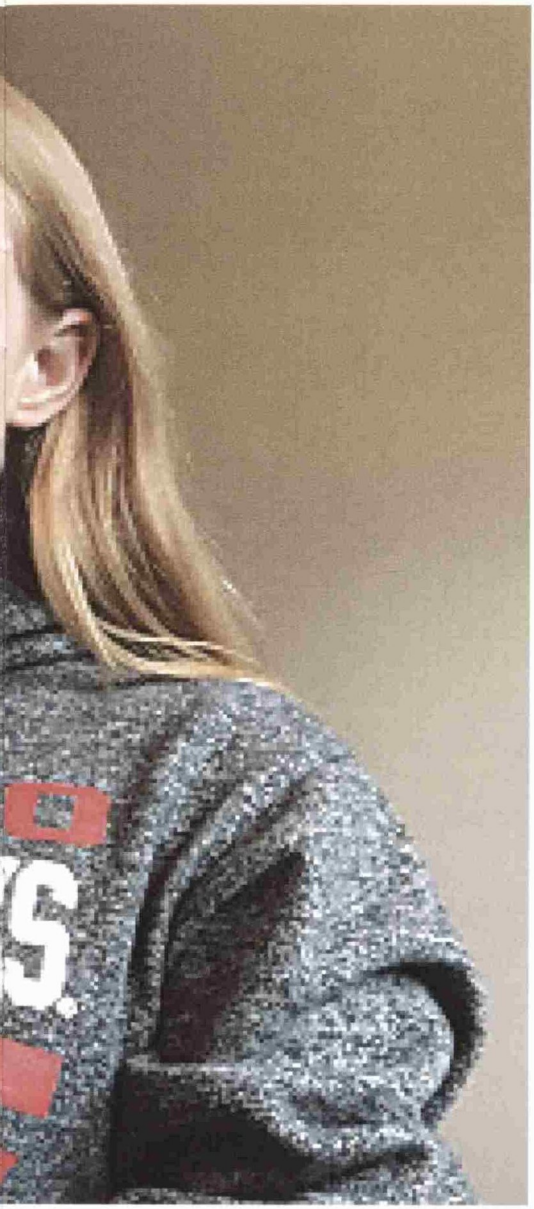
"I think the teachers are doing a good job especially since we have never done this before and it's all new to them," Tatumn Damron (11) said.

Distance learning originally started out with a three-day school week, on Mondays, Wednesdays and Fridays, but changed to a four-day week on April 13 with Fridays used as a study hall. Since the school year was cut short and students will not be returning to an in-class education until the Fall 2020 semester, both teachers and students have had to create new schedules for themselves in order to get the most out of their education. With more newfound freetime, students' schedules are way more flexible, allowing them to both work and do school. However, without having a set time or place to be for eight hours of the day, some students find themselves working more.

"Because my hours have opened up I'm at work much more often and much longer making it hard for me to get work done and get it done on time. I'm often super tired from work also, so I end up sleeping in which gives me less time to get school work done. For me personally, e-learning just makes me want to procrastinate more," Hailey Whennen (12) said.

Many students appreciate the extra freedom that e-learning has given them, as they are now able to work on assignments at their own pace. Homework and tests, including upcoming AP tests, have all moved online for the remainder of the school year. Teachers have also extended due dates and increased the amount of resources for the students that need it.

"E-learning is way less stressful and more manageable. It's nice to be able to get my work done ahead of time or earlier in the day and then have the rest of the day to do

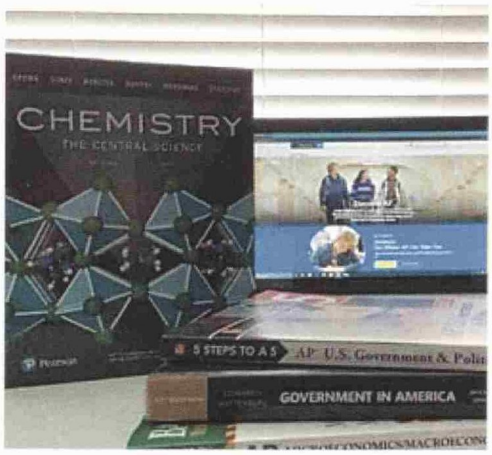


Amanda Willy (11) copies down notes from her online assignments on April 15. Willy worked on her blue day assignments from home. Photo submitted by: Amanda Willy (11)

Q&A

Peyton Pepkowski (11)

Peyton Pepkowski (11) speaks on her experience as a student taking almost all AP courses. Distance learning has forced AP exams to be moved online for the 2020 school year.



How many AP tests were you planning on taking this school year?

I was planning on taking five AP tests this year: AP Chemistry, AP Calculus AB, AP Macroeconomics, AP Government and AP English 11.

How do you feel about the online AP tests?

I have mixed feelings about the AP tests this year. I like that they're only 45 minutes but I don't like that they're free response because those are usually the harder portions of the test. I also don't think the test will be able to cover a lot of what we learned this year because it is in such a short window of time.

Would you have preferred that the College Board not administer AP tests at all this year?

I still wanted College Board to offer AP tests because I wanted to get the college credit and I had been working really hard throughout the year and didn't want to feel like I did it for nothing.

What are you doing to prepare for these tests now that the format is different?

I'm trying to look over my notes from the year and I've been watching the reviews on Youtube that are specific to each AP class and taking notes on that as well. Most of my teachers have also opened up review material on AP Classroom so I've used that as well.

Do you think you will be as well prepared for the AP tests as you would have been if E-learning hadn't happened?

I don't think I will be as well prepared because I personally learn better in a hands-on environment where I can interact with a teacher in a classroom and watch them do examples of problems, so this is definitely a change that I have had to adapt to quickly to study in a better way than I normally would have.

what I want. My teachers have done a really good job at adjusting to all online classes," Madison Zielke (11) said.

On the other hand, many students believe that the traditional classroom environment benefits their education much more. They think that having a teacher available to teach in person makes learning easier as they are able to hear lessons explained and ask questions and receive answers within seconds. "E-learning is limited for some classes, especially the ones that are more lecture-based. I feel as if e-learning has limited the learning process. There is only so much one can teach through a screen," Stephanie Ramos (10) said.

Some students have found that E-learning has proven to be more difficult when they're not in a traditional classroom. A variety of students have found they learn better when they are physically in the classroom.

"With traditional [learning] it's hands on and you're physically with the teacher and with e learning you are at home and you have to basically self teach yourself. I prefer traditional learning because I learn best when I'm in a learning environment and I like hands-on learning," Abigail Zachary (11) said.

The switch to distance learning has forced some students to reevaluate how they plan to do their schoolwork. Some feel that they have found themselves less motivated to get their work done, as they do not feel that they have a set schedule for their school days and that it is easier to procrastinate because of this.

"I think [distance learning] has definitely been overwhelming because I feel like I have to have all of my schoolwork done in one day and because I'm so not used to the format of e-learning, it's really hard for me to pace my day," Eliza Hoeckelberg (11) said.

While some students struggle to adapt to the new learning system, others have found ways to approach it that work for them. This way, they are able to get their work done on time and prevent procrastination.

"I write everything out for the week on Monday or as it's assigned and cross things off as I do them. I try to do my work in order of when it's due and the workload itself," Madison Re (11) said.

As we move forward with e-learning, students and teachers will be able to see any changes in the process, as it is a very new system for the school. They will be able to work to find solutions to any problems that may arise and figure out their way as they go.

"I hope to continue to keep my motivation up for e-learning and not fall behind in my academics. I plan on continuing with keeping a basic routine that helps keep some normalcy in my life," Re said.

SAYING GOODBYE

Athletes explain their emotions after finding out their seasons are canceled.

PAGE BY ISABELLA BRAZZALE, OLIVIA FIGG, ALISON IRACE, JACKSON NOVAK, EDEN SCHILLING AND AVA SOLIS

Abigail Burton (10) has been keeping active while in quarantine. She has managed to keep a steady schedule of her daily routine for her sports. Photo by: Eden Schilling

Due to the outbreak of the pandemic, not only is our school shut down but sports seasons have been canceled. Athletes who play spring sports will not be getting to spend this year on the field, track, green, or court.

"At first I thought we'd still be able to play because I didn't know how severe the spread of the virus would become. I took it pretty hard. I sent thank you texts to all of the coaches which were difficult to type out. I'm really going to miss just spending time with the guys and coaches. We spent so much time working over the last 4 years to win a state championship not getting that final shot doesn't feel real. It's not something I ever imagined happening which makes it even harder to deal with. I will still be playing in college and as far as I know that won't be affected besides having to compete a little harder for playing time with some seniors staying an extra year," Brock Begesha (12) said.

Because of social distancing athletes must stay away from other teamates and coaches. This forces those who still want to put work in and practice for their upcoming season to find alternative ways to work at home.

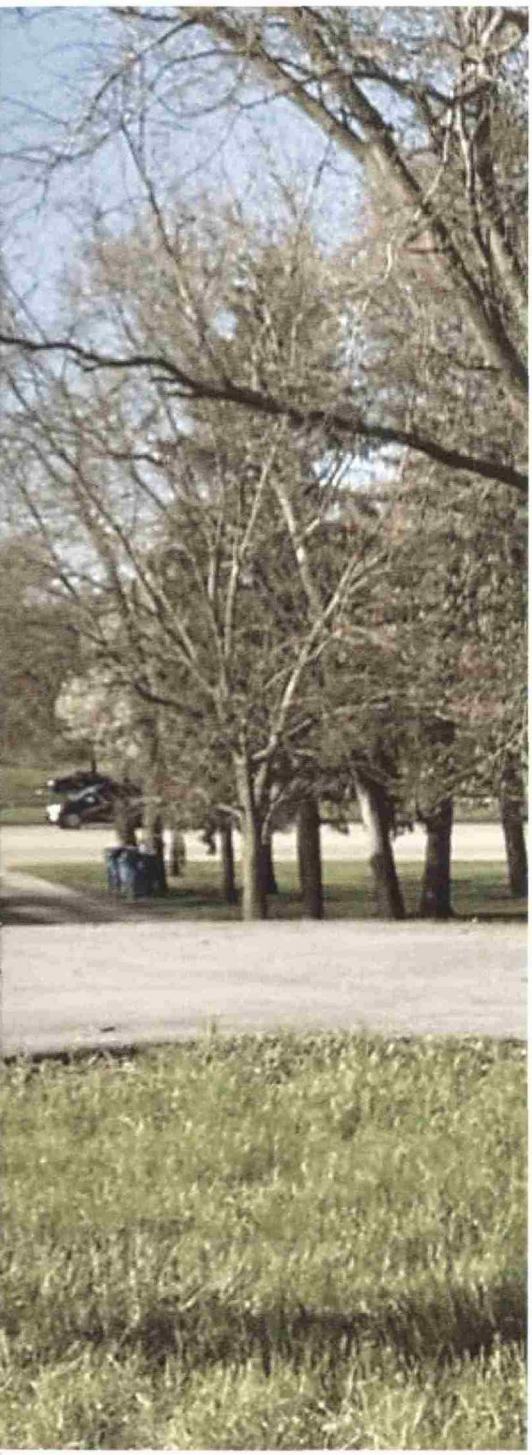
"When I heard the school was shutting down for a month I thought we were still going to have a season. When my season was canceled I was really upset. Even when I think about it still it makes me sad. I've been playing tennis since I was four so I have always looked up to my high school season and knowing they are cut short is really upsetting. I didn't plan on continuing my sport in college, but now a part of me wants to because now that I'm actually not playing as much as I used to, or should be, it makes me realize how much I can't live without the sport. I won't take this sport or anything else for granted ever again," Mirjana Vukas (11) said

Although many of the underclassmen will be able to compete again in high school unlike our seniors it is still a difficult time for them. All of the spring athletes are losing chances to make memories with their teammates and coaches and opportunities to win their games and matches.

"I was still trying to hit and practice my motions at home while still social distancing, but after learning it was cancelled I transitioned into traditional workouts. I was upset it was cancelled because I love the sport, and I will only get so many years in high school to enjoy it. My grandfather also really loves watching me and looks forward to it, so not seeing him as often during this season is sad for me. Another thing I was looking forward to in this season though was dedicating every match I played to me grandmother who had recently passed. It wassuper important for me and now will have to postpone," Ingrid Owzarzak (10) said.

It is especially upsetting and unique for the class of 2020. These athletes and students are forced to say goodbye and leave high school in a way that was never expected.

"When I found out the season was cancelled, I was devastated. It was really hard finding out, knowing that I'm not going to have one last ride, one last run with the guys. I'm most upset about two things; One is the fact



that I'm never going to play with this group of guys again, some of which I have been playing with since I was 8, Two, I'm upset we didn't get a chance to play for a state title this year. Now knowing I'm not finishing my year and not playing my senior season has been rough to say the least. I'm pretty down by the fact that I won't get to see all my friends again. It has been something I know I was going to have to face, I just didn't think it would be so early and in such a weird situation. It's okay I'll get over it sometimes I just didn't want to say goodbye to the game I love so abruptly." Alexander James (12) said.

Q&A

How has Covid-19 impacted your coaching?

The coaches of some of our Spring sports explain how coronavirus has impacted their plans for the season

"With school being placed on an eLearning status, our season has been officially canceled by the IHSAA. I hope that our student-athletes are staying safe, practicing social distancing, and staying active whenever they have the opportunity. We do not have a set practice schedule; I have given the girls some workouts that they can do on their own. I am heartbroken about not having a season for a couple of reasons. First of all, we had a team that we fully expected was capable of making a deep run in the postseason. Second, these girls have worked so hard - starting back in September and it's very difficult to not be able to see that work be put in motion. Lastly, for these seniors, I am just beside myself. Angelique Harper, Morgan Hoppe, Alexus Reese, and Alexis Johnson have meant a lot to our program and I cannot wait to see them succeed at the next level. Right now we are not working on anything for next year. I want to be able to spend some time with my family, and I want these girls to focus on that as well."

Jeffrey Sherman, Head Softball Coach

"Coronavirus has completely cancelled our season after 2 meets. Since most of our athletes participate in other sports, they are released to work with other sports coaches, per the IHSAA guidelines. For the first weeks, prior to the complete cancellation of Spring Sports Season by the IHSAA, I was giving workouts to the different event groups. I am disappointed (about the season being postponed). I am planning for the XC season at this time."

Jeffrey Rhody, Boys' Track & Field Coach

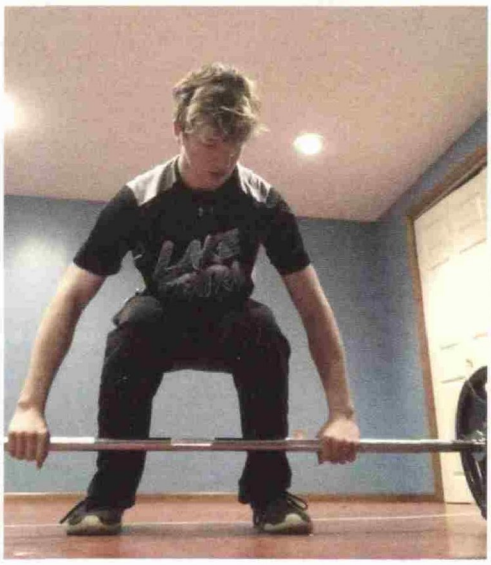
"Our season never started. We were to start the tryout process on Monday, March 16, and our last day of school was Friday, March 13. We have given them workouts and it ultimately comes down to their own self-discipline to complete them. We ranked #2 in the state preseason and we had set very high goals for this season. I hate it for our seniors as they have put in a lot of time preparing for this season. I have started touching base with returning players and preparing for our offseason workouts."

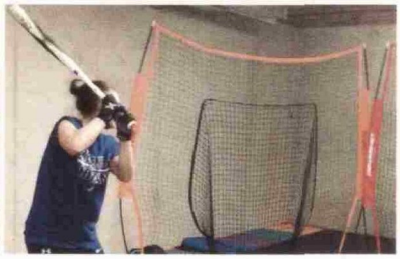
Mike Swartzentruber, Head Baseball Coach

IN-DEPTH

Working (Out) From Home

Although their seasons may be cancelled, student athletes have still taken measures to ensure they are staying in shape





QUARANTINE ROUTINE

During these tough times people are often finding themselves trying to keep busy. People are getting creative in the ways they go about having a good time.

PAGE BY KYLIE BIEHLER, COLLEEN DYRA, KELLY HAYES, ALYSSA KLIMOWSKI, ICYSS MEREDITH, LILLY SCHROEDER, NITYA SHAH, AVA SOLIS AND ISABELLA VILLARREAL

"I have been spending more time outside by going on bike rides. My favorite part of being in quarantine is spending time with my family. I have been sleeping in 'til 11 almost every day. It's mostly stressful right now with my mom being a teacher, so she is constantly making herself available to her students and parents. Knowing that I won't be able to walk the hallways as a student anymore makes me miss school a lot. Not being able to experience everything that other seniors from previous years have gotten to. I watch Friends because I never get tired of it and it's a show where you don't have to fully pay attention to it but still understand everything. [I like to play] an app called Psych. It's a lot like cards against humanity but you get to create your own answers. It's super fun when you have friends on facetime and can just hear everyone laugh."

Melina Boulas (12)

"I have been taking a lot of bike rides and giving myself photo shoots in my room using self timer. I love Instagram, so I have been using that platform to communicate with my friends and community. Also, I love having Zoom parties with my friends. We play Jackbox.tv games, which is fun. School does take up most of my time when we have distance learning days. I wake up at 8:00 a.m., run a mile, do a little workout, eat breakfast, and start school by 9:30ish."

Jackson Lopez (11)

"My family and I have basically been spending [quarantine] mostly at home with the exception of getting groceries for ourselves or my grandma. We play board or card games or watch movies to pass the time. [Some shows I'm binging are] Gilmore Girls, That 70's Show, All American [and] I Am Not Okay With This. Now that we don't have school, I use [social medias] for a lot of the day. My favorite TikTok trend is the seniors' video clips from their whole high school experience, basically saying goodbye to high school. My favorite song is Summer of '69 by Bryan Adams. My favorite album is Fine Line because it is a feel-good album."

Lauren Prasopoulos (9)

"So I've been working out a lot. I built a home gym out of two big logs, a semi tire, a box of chains, and a weighted vest. I've gone for a lot of walks with my mom and biking a lot as well, and then my brother and I have been fishing almost every other day and crushing at night with him too, but beyond that I've been reading a lot of books. [My favorite part of being quarantined is] I guess not dealing with the drama, but otherwise I hate this. [I try to keep myself busy by] working out and watching a lot of Netflix and reading. Nothing has changed [in my house] other than I dont see my friends and don't go to stores, my mom and I still work though. I miss interactions with people and school."

Nathan Hodor (12)

"[I've been] working out, facetiming, and homework. I just sit on facetime with the same person constantly and we talk or I watch movies. I watch a ton of TikTok, it's actually really bad. [I'm binging] Criminal Minds and Hannah Montana. I'm on TikTok four hours a day or more. My favorite TikTok trend right now is the 'you wouldn't believe your eyes' like the fireflies song but it's making fun of people. [I'm excited to] see my friends and go to work. I miss my job. [The weirdest thing I bought off Amazon was] sunglass racks. I relearned the hoedown throwdown. [I left my house] the first week because my work was still open doing call-in orders only. [My favorite part of quarantine is] sleep. My favorite genre is alternative pop and hip-hop or R&B. My favorite album at the moment is Igor."

Elizabeth Rhodes (11)

"I play PS4, it's entertaining and it keeps me occupied. Nothing has really changed for me during this coronavirus time except that I am home all the time. I bought a lot of frozen pizzas on Amazon. 2K is my favorite video game because it keeps me entertained and it's fun to play. Sometimes I will go hang out with my girlfriend. I am excited to play sports with my friends when this quarantine is over. My screen time has not been the best lately. It is 10 hours a day. Sometimes I will workout or play basketball.

Jackson Krueger (12)

TIMELINE

WORK ALL DAY SLEEP ALL NIGHT

With essential workers spending most of their days hard at work, they often don't have time for any other activities. Adrian Orciuch (12) shares what his average work day is like.

6:30 a.m.
Wake up for a full day of work.

7:00 a.m.
Leave the house.

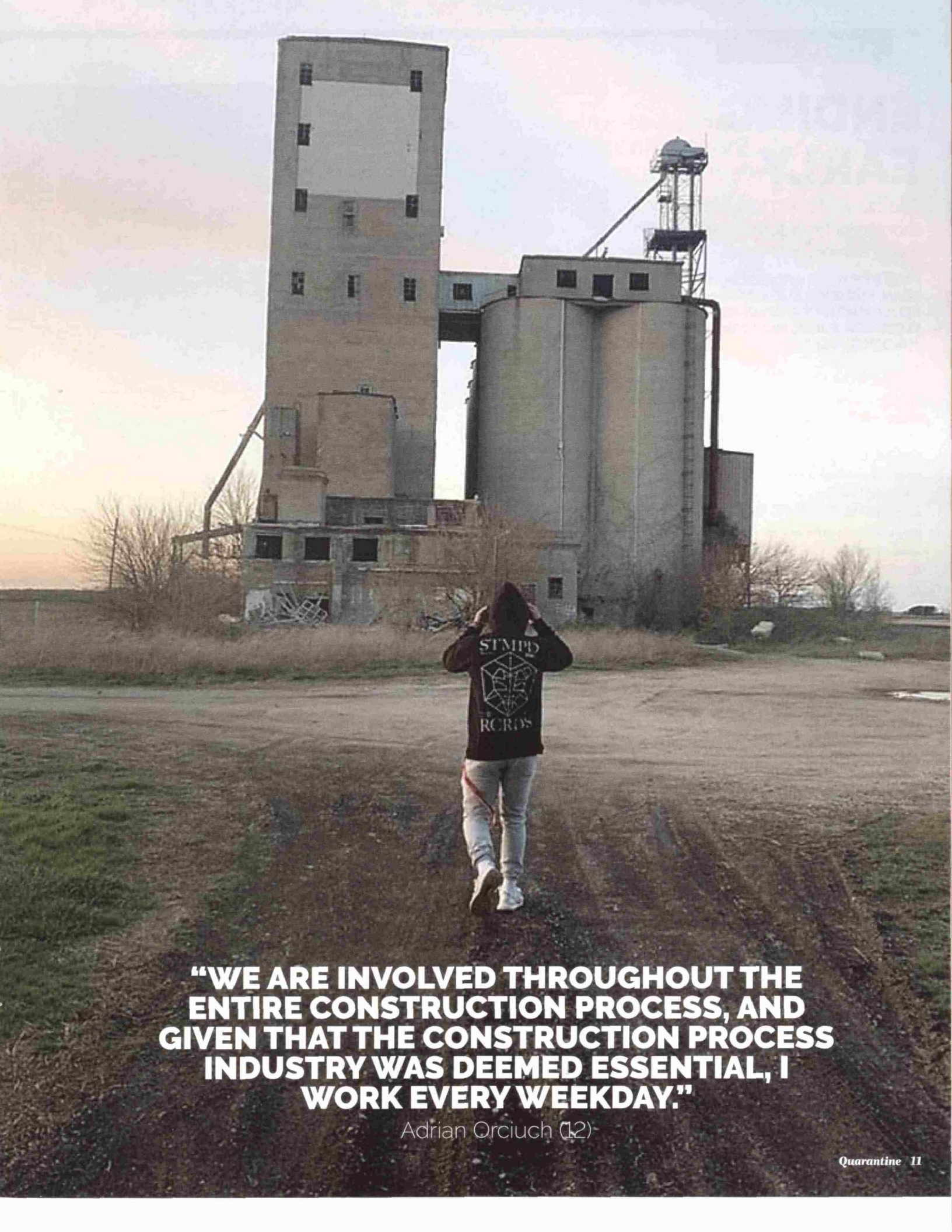
7:30 a.m.
Arrive at Civil Engineering firm, which is essential. We are involved throughout the entire construction process, and given that the construction process industry was deemed essential, I work every weekday.

12:00 p.m.
I work the land surveying part of the company. We go out to a client's property and do something like stake a site for construction, complete a topographic survey or sometimes when we are at a completed site we will measure the building to make sure it was built properly.

1:00 p.m.
Lunch break.

4:30 p.m.
Sometimes on the way home I'll stop and grab food, but most of the time I'll just go home and relax for the rest of the day. I'll play some playstation or hang out with a friend or work out.

12:00 a.m.
Go to bed for another full day at work.



"WE ARE INVOLVED THROUGHOUT THE ENTIRE CONSTRUCTION PROCESS, AND GIVEN THAT THE CONSTRUCTION PROCESS INDUSTRY WAS DEEMED ESSENTIAL, I WORK EVERY WEEKDAY."

Adrian Orciuch (12)

ENDING EARLY

The class of 2020 lost its final months of high school, along with many senior milestones.

PAGE BY TAYLOR ANDERSON, BAILEY EGAN, ANDIE KALEMBA, JADE MEHOK, ALLISON POTPORA, EMILY PRINCE, ELIZABETH SULEK, MOLLY TKACH, AND JORDAN ZNOSKO

Prom, senior banquet and commencement are all events seniors look forward to during their last semester of high school. With large gatherings being banned and school being online, prom and senior banquet have been canceled. On top of all of this, the seniors also had to adapt to a new kind of learning.

"It's sad to look back and think about how the excitement for certain things like senior prom, senior banquet and graduation built up for four years, but now it's been taken away. I know that there are bigger, and more important things going on in the world, but it's still sad that we couldn't wrap up our high school experience in the way we all had hoped," Kalli Blankenship (12) said.

With reopening dates being pushed back, the reality of having a large group gathering seems less and less likely. Students are starting to question if there will even be a graduation ceremony.

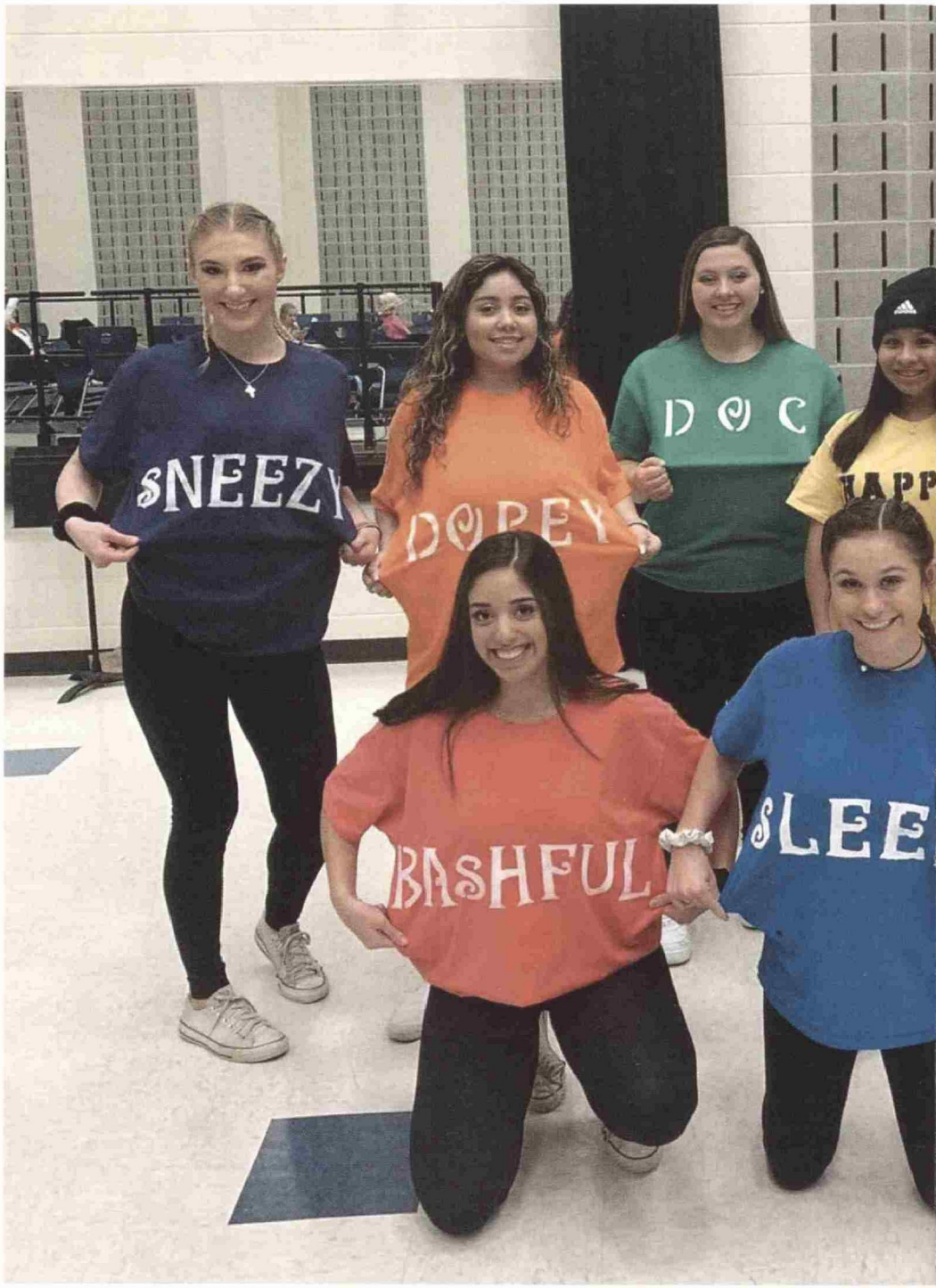
"I have a feeling that there might not be a graduation ceremony. I've heard we might receive our diplomas in the mail. It's really upsetting that I'll most likely never get to walk the stage, which I've been looking forward to all of high school. I mean that's everyone's goal, right?" Kiersten Bukala (12) said.

Graduating high school is a substantial moment for some seniors. Unfortunately, many seniors of 2020 will not get to experience and take in their well-deserved moment like other graduated classes have.

"There has to be a [graduation] ceremony. It's high school and it's a big moment for us and for our parents. I know from experience as I'm an only child, so it's the only chance my parents get to see their kid graduate high school. They deserve that and we seniors deserve to walk down that stage as we worked hard these last 13 odd years to get to this point," Paige Varady (12) said.

Graduating and attending other senior events aren't the only worries the seniors are facing. Some fear that they missed a major part of their lives that they may never experience as many others have.

"It sucks big time and it's unfortunate. It hurts to know we never got to experience what has been told to us as the best time of our lives. Personally, I feel [the] class of 2020 has had it pretty rough with that," Nathan Hodor (12) said.



Abigail LaBelle and other seniors dress as the seven dwarfs from Snow White and the Seven Dwarfs. It was their last Halloween choir concert. Photo submitted by Abigail LaBelle (12)

Most seniors graduated with the required 4 years of high school education. Others, however, graduated a year or even a semester early and are missing out on even more of their senior year.

"It's really sad that it got cut short because I am a 3 year graduate so I basically only got 2 and ¾ years. I am really sad I'm missing senior events such as prom because this was literally my only opportunity since I'm graduating early. I didn't get to go to prom last year," Mya Bell (12) said.

Since the pandemic hit and cancelled everything, students had to finish the 2019-2020 school year online. E-learning was introduced for the first time and the students had to quickly adapt to it.

"I think the school year being cut short is cool. Doing school online isn't any better than actually being at school

since I work so much," Harley Nighbert (12) said.

Throughout these uncertain times, some seniors are still trying to find a positive outlook on all of this. Despite the events they missed out on due to the pandemic, they looked back on the events that they did attend while school was still in session..

"I was looking forward to running and participating in the clubs I'm in. I did get to do some but it makes me sad I didn't get to do others. I got to run my final Veterans' Day ceremony but I really would have loved one more season of unified track," Bell said.

Q&A

What was your favorite moment or memory from your senior year?

During the global pandemic, the graduating class of 2020 look back and remember their fondest memories from their senior year

"My favorite moment or memory from senior year has to be when I won formal king because it was a great experience and it was a time for me to be acknowledged. I had so much fun being a part of it and just knowing that you can do anything. Spread love and positivity and you will succeed gracefully."

Tony Flowers (12)

"It's hard to decide which memory from senior year is my favorite. I think it would be a bunch of little memories all put together that made senior year memorable. Things like Saturday morning breakfasts with friends, day trips to Chicago, hanging out in the square and getting coffee. My favorite memory from in school was probably having fun with my friends in biomed. I had the class with my best friend and it was overall a really fun class."

Morgan Lareau (12)

"My favorite moment was Friday night lights against Crown Point in a playoff game and throwing a kid and flipping him over."

Giovanni Senoyuit (12)

"My favorite memory from senior year was definitely looking back on the impact of LC had on me. LC gave me the opportunity to make so many new friends and memories like, have fun at the dances with my friends. Also planning for the future knowing that my friends and I were figuring out ways to stay connected and close even though we're parting separate ways for college."

Jasmine Navarez (12)

"My favorite memory was starting my senior year. The feeling of being there for one last year and welcoming the freshmen and mentoring the sophomores and juniors. I loved just being there that first day and welcoming the idea of starting a new life after those 9 months. I love being there for every senior game I could be at and supporting my school family. I'll miss everyone I adopted and forever remember my favorite teachers."

Nicole Eldrige (12)

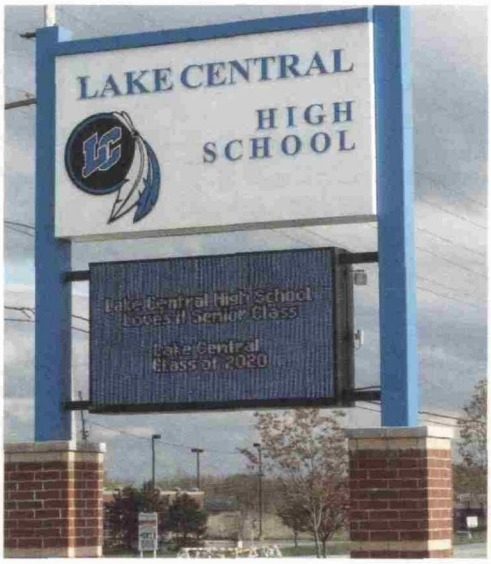
"My favorite memory from senior year is probably the last day before winter break. My friends and I all brought in some video games, I brought in a VR headset, and we all had a blast."

Jonathan Bouma (12)

IN-DEPTH

Earning Recognition

Even though the seniors didn't get their recognition from walking across the stage to get their diploma, they did get recognized on the streets using street signs



ANTI-ASIAN RACISM

There has been a peak in racism toward Asian people due to the origin of the coronavirus and Asians worldwide are facing these hurtful comments and actions

PAGE BY DELANIE FLYNN, MATEUSZ GACEK, MACKENZIE GUTHRIE, ANNALIESE NELSON, CELESTE RECIO, JONAREENE RIVERA, BRENNA SEALY, NITYA SHAH AND ALAYNA WILKENING

"I personally haven't experienced any verbal racism, but I've read comments all over social media that basically blame Asians (as a race) for the virus as if we all had a play in the global crisis. I'm lucky that people in my area can look past my skin color and face, but there are many others all around the world who can't. I understand that COVID-19 originated in China, but that doesn't mean we can start calling it the 'Chinese' virus. Just call it by its technical terms and support one another during this difficult time."

Christy Tham (12)

"I think it's ridiculous. People are either harboring racist thoughts already or need someone to blame this whole situation on. I don't think that people understand that the virus is difficult for everyone; people just need to put the whole thing in perspective and realize that racism shouldn't be used as relief."

Leah Palkon (10)

"I think it's ignorant, it's promoting racism and it's justified by his title as president. The more he repeats it, the more violent it gets for his own Asian citizens. Since he's our president, what he says sets up what is okay to believe within this country. Many Asian-Americans have been victims of abuse because of this. They've been spit at, humiliated in public, overall attacked, and at what cost? You can literally Google this, it's insane. It is not even action from fear of a disease, it's them generalizing Asians and acting upon their beliefs. [It's] crazy how this is happening when we are just as much as the next person. Some worked so hard as immigrants to get the American dream, but they probably didn't imagine it to be like this."

Pia Lopez (10)

"A VIRUS SHOULDN'T LESSEN HUMAN DECENCY AND RESPECT TOWARDS ONE ANOTHER."

Kimberly Hestermann (10)

"I've seen some cases of racism towards Asians ever since the outbreak started. I think it's gotten worse as time went on. It hasn't personally affected my life, but there's been hate and negativity towards Asians, which is sad to see. The racism I've seen was through social media. Mainly through comments and the news. Racism definitely is still alive and I feel like the outbreak just adds more fuel to the hate, specifically towards Asians right now. Educating people and making them more aware of the situation would help. But at the end of the day, people have their opinions, even if it looks problematic and negative. In this time period, I feel like most people should know better and realize what's appropriate or not. But there's still ignorance out there and some with very extreme ideals. I think referring to the coronavirus as the Chinese virus puts a group of people in a bubble with a negative meaning behind it. I'm not sure that everyone who uses it has bad intent or the urge to be racist. It's just better not to use the term, in my opinion."

Gian Abangan (11)

"I feel bad when people are being racist towards others in terms of the virus and it coming from China. I believe this racism has been shown on social media the most. I don't think that people should associate Asians with the virus. To help prevent it people can explain that the virus is not caused by certain people, but their actions, like not washing their hands."

Yadira Jimenez (9)

"In the wake of the coronavirus, I have not felt the racism myself, but I have noticed it through social media. Many Asian-Americans, especially Chinese, have lately been facing discrimination due to their ethnicity. It feels like we are back in the past all over again because of this situation. President Trump calls it the 'Chinese virus' and by labeling it that way, it is causing hatred. In school, I have heard some students not taking it very seriously and making jokes about it. This is very disrespectful."

Christine Garcia (10)

"It makes me sad that many people in modern-day society still show disrespect and little concern for the individuals around them. [Racism has] made me put a constant thought in my head that people are constantly judging and looking at me differently. From my perspective, racism has been most apparent on social media. News articles on various platforms like Facebook, Instagram, Twitter, etc. have given a voice to those who wouldn't have one otherwise. There were multiple stories about Chinese restaurants suffering the most because people weren't wanting to get food from where the 'virus came from.' There was a picture taken by a group of white-Europeans dressed in Panda costumes. They held up a sign that said 'corona time' and one girl pulled her eyes outward to make them smaller. This [post] made me upset how people can be so rude. My personal thoughts on racism with everything going on with the coronavirus is an utter disappointment. We are all people at the end of the day, and a virus shouldn't lessen human decency and respect towards one another.

Kimberly Hestermann (10)

A PANDEMIC OF PREJUDICE

The prejudice against Asians around the world seems to be an entirely different disease - one that has proven to be just as harmful.

BY JONAREENE RIVERA

In the midst of troubled times, it is not unusual for the mass of people to want to place blame on one person, or even a group of people. Since December 2019, when the first cases of Covid-19 were rooted from Wuhan, China, the world has overtly thrown the responsibility towards Chinese people, or any Asian for that matter. Sure, prejudice is unavoidable in a circumstance like this; people are angry that there is a virus in the first place.

Without even thinking about it, people have probably subconsciously avoided any person deemed 'Asian-looking' the moment they were told that the virus started in China. In more brazen cases, citizens have openly avoided purchasing food from Asian restaurants or have completely skipped products from stores that display the words 'Made in China.' All of these preconceptions are truly unjust, but in this society, they are sadly inevitable.

Being an Asian-American myself, I see the racist comments and insults, and even I feel self-conscious and under attack for something I am not in control of. I see the videos of Asians around the world being verbally and physically attacked by passersby just because their ethnicity is associated with a bad situation that's beyond their reach. And yet, however rude and racist the population is, this bigotry is still stimulated by the higher powers of our world.

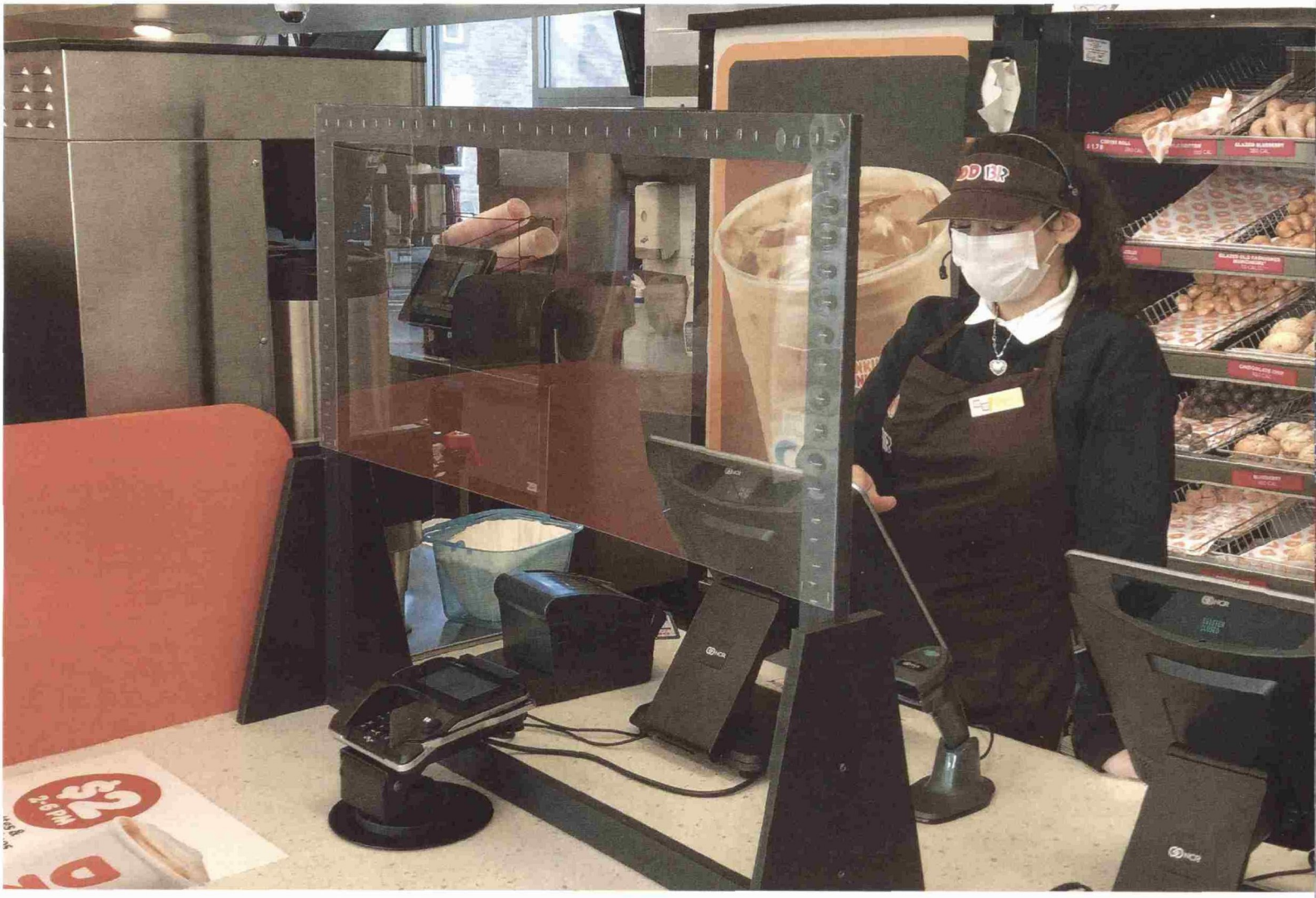
On March 16, 2020, United States President Donald Trump first threw out the term "Chinese virus" to refer to the Coronavirus. Now, many people argue that the use of this term is correct in the least discriminatory sense, contending that the Chinese virus is appropriate because the virus started in China. This may be true, but the underlying intolerance fueled by our country's leader gives allowance to xenophobic assaults towards Asians. The term points fingers at Chinese people, which targets any Asian person across the globe.

Unfortunately, President Trump shows little regret for insinuating the use of the term, but has claimed to stop using the term to try and deescalate the racism against Asian-Americans. Still, as the virus has peaked and leveled internationally, the racism against Asians is very much apparent. But at the end of the day, every single person is a victim to the virus and with that, everyone is to blame. In lieu of the racial scapegoating, we should place the blame on those who are ignorant towards the effects and severity of the virus. We should understand that gender, religion and even race, are all susceptible to Covid-19, instead of falling under the preconceptions that are placed before us by the supposed superiority of the world.

EFFORTS OF THE ESSENTIAL

Students working during the coronavirus discuss how the pandemic affects them

PAGE BY CLAIRE FABERBOCK, TIFFANIE RICHERME, BRIAN SCOTT AND NITYA SHAH



Although the coronavirus has halted many activities, some students are still working, as they are essential employees. Employees are deemed essential by their specific businesses' decisions in staying open. Crucial businesses, such as grocery stores and pharmacies, remain open during the pandemic.

"I work at Jewel Osco. Working hasn't felt very different recently, but the week school got out, it felt like the whole world was coming into the store to panic shop. I had 50 hours that week," Nathan Tiltges (11) said.

Many businesses have taken precautionary measures to ensure both the workers' and customers' safety. However, working can still be a risk.

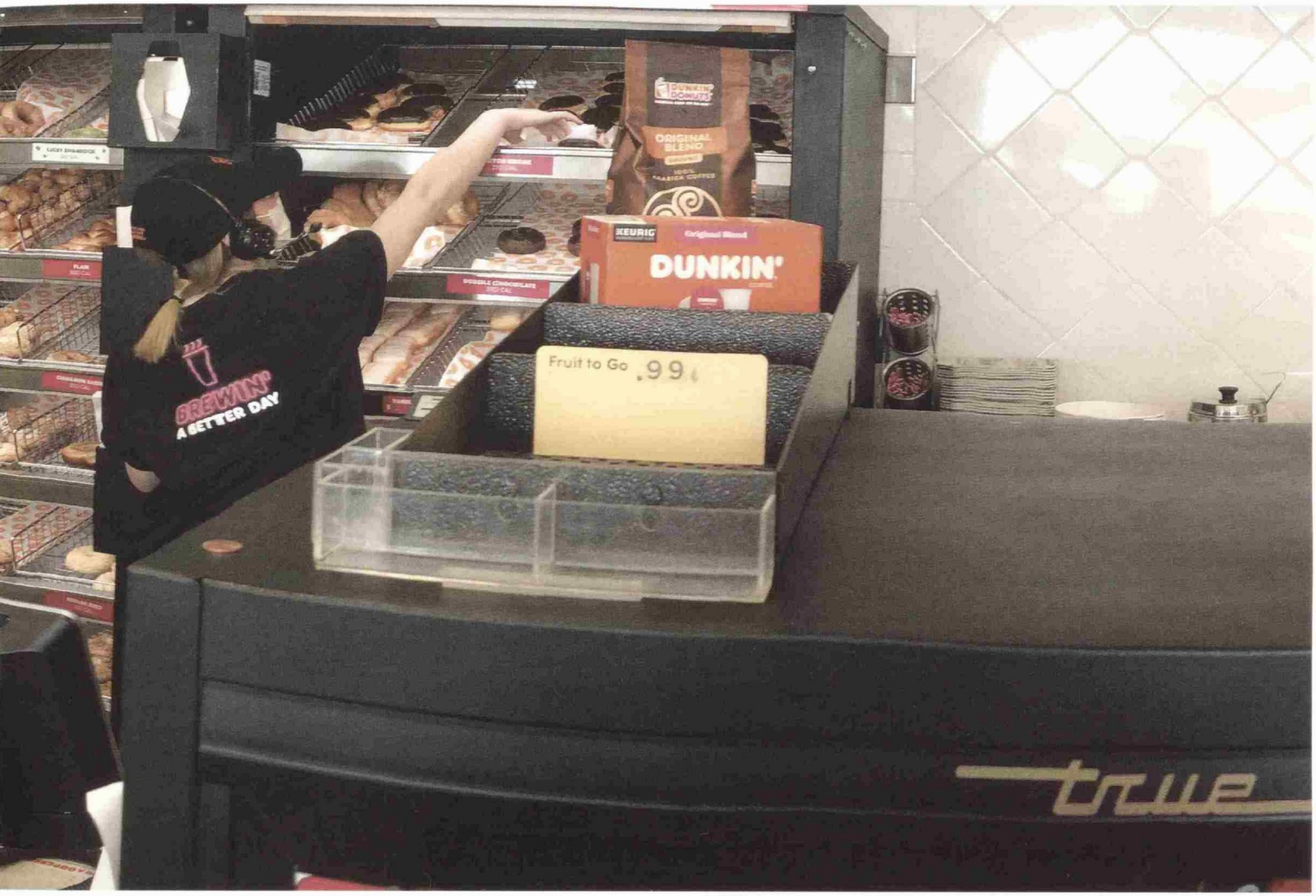
"I feel safe to an extent at the store I work at. I am fortunate enough that Target provides us with gloves, masks and hand sanitizer for all of us to use, and are constantly making sure that we have what we need to be prepared for our shift. But there is nothing that can stop us from being exposed, and no matter how much we take precaution, that's the risk that we take by being an essential worker," Lauren Miranda (11) said.

In addition to the risks elicited by the virus, many stores are also having a hard time keeping up with demand, since many people flooded stores to stock up on essentials when the virus started. Products like toilet paper and hand sanitizer can be hard to come by.

"The hardest part of working during this time would be dealing with people complaining about us not having toilet paper or hand sanitizer," Tiltges said.

On account of the gravity of the situation, many stores have also changed the way they carry out tasks. For example, workers are often required to wear masks to prevent the spread of disease.

"It's very different working during this pandemic. Things have changed like wiping down every register after every single person, making sure we are constantly six feet



Halie Plaut (11) checks out a customer while Alexis Hill (11) rearranges doughnuts. Dunkin', limited to only drive-thru and carryout to enforce social distancing. Photo by: Nitya Shah

apart, wearing gloves and masks, wiping down every cart, barriers at every register, long lines, monitoring how many people are in the store at all times and being out of stock for all our essential items," Miranda said.

While being a worker might be different during this time, as Miranda has mentioned, still being able to go to work can be beneficial and have its upsides. Some workers are thankful for still having a job and being able to have an income during this pandemic.

"I am extremely thankful to be working. I am blessed with a job that allows me to work while others cannot," Abbey Lawson (12) said.

Not only does the virus affect those who are essential workers, but it also has an impact on other students. Due to the stay at home orders, some are finding themselves with more free time.

"I don't have a job, and everyone in my family is retired, so staying at home isn't that weird. The only thing that's really changed in my life is how I spend my time. I've definitely taken up more responsibilities at my house now because I have the time to do them. I often cook dinner for my family, which I enjoy, but didn't have the time to do before," Brooke-Logan Garcia (11) said.

Whether a student is an essential worker or relaxing at home there is a role to fill. Following guidelines and restrictions could help the community flatten the curve.

"Stay home. It's the most important thing you can do right now to keep other people safe," Garcia said.

"The biggest takeaway from this entire experience is to never take the things you love for granted. It taught me that anything can end in the blink of an eye, even when you least expect it."

Morgan Hoppe (12)

"After all this is over I'm pret sure that things won't just s right back to normal. It's so because recently people ha adjusted to wearing masks a gloves outside their house t I feel like some people will j continue to do so. At LC, I fe like it will be weird to go bac school after finishing almos entire quarter of school onli It's a very new situation that I feel like the world wasn't the most prepared for, so now we're all trying to figure out what to do."

Louis Berg (11)

"I feel like during quarantine a lot of people are thinking and reflecting on their life, and once this ends people will realize there is so much more to life than what they were making of it before. Overall, I think people are going to value the things and people they love the most a lot more than what they were before."

Eric Graham (11)

"I truly believe we will quickly overcome this pandemic. I think we can take away a few things from this pandemic such as better hand washing skills and getting better at E-learning. I'm not nervous to go back to Lake Central for the next school year because I know we will quickly adapt and the normal rhythm will fall right back into place."

Mr. Bryan Szalonek, Social Studies

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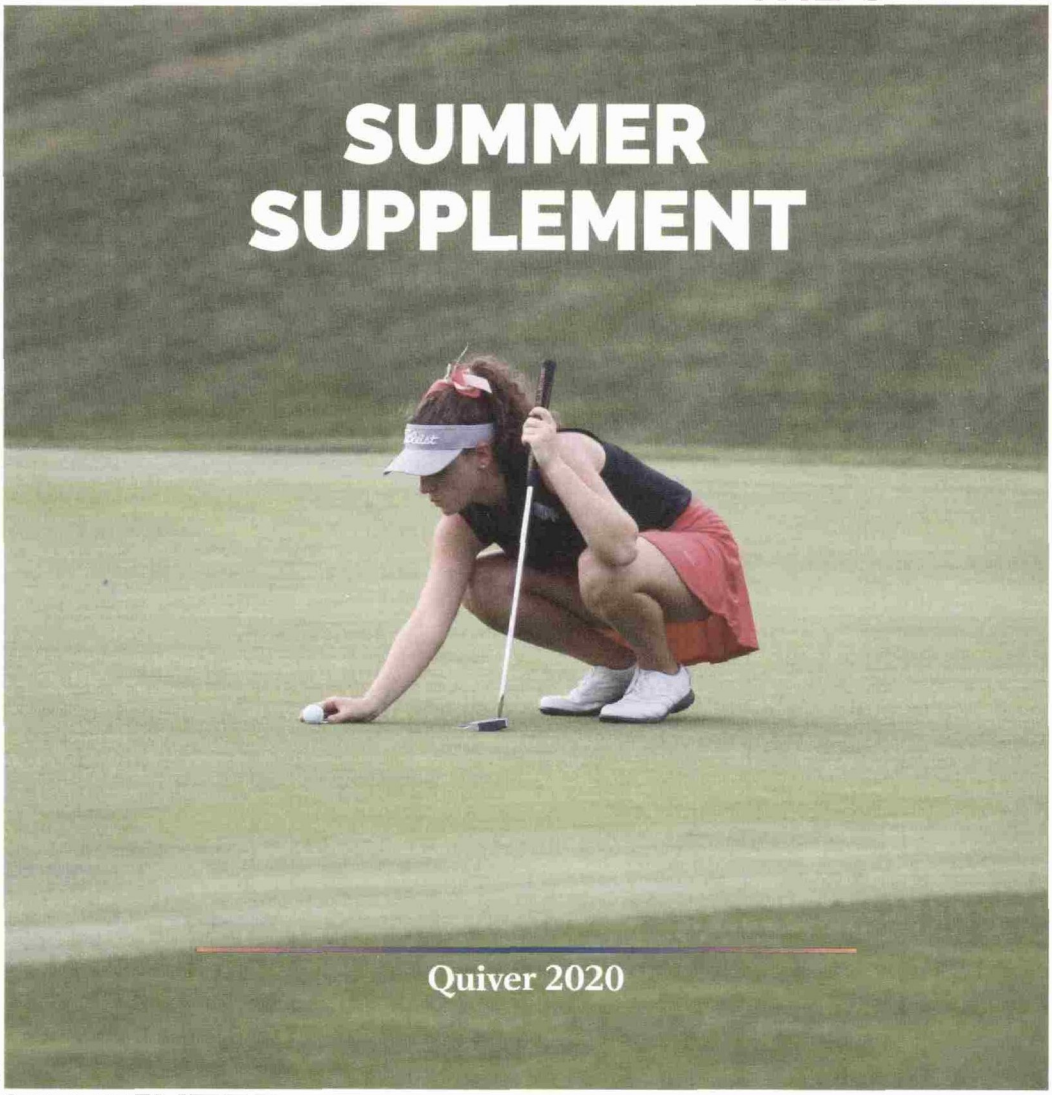

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